

Fennel Lentil & Tomato Gratin

nut-free gluten free vegetarian soy-free Thermomix

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 4

Ingredients

1kg fennel bulbs (approx 4 small)
40ml olive oil
½ large red or brown onion, thinly sliced
2 garlic cloves, crushed
1 x 425g can crushed tomatoes
1 x 300g can brown lentils, well rinsed

Gratin Topping

65g (3 slices) frozen wholemeal bread, cubed
65g (2/3 cup) grated Parmesan cheese
2 teaspoons grated lemon zest
1 garlic clove, crushed
Sea salt & freshly ground pepper to taste



Preparation

1. Preheat the oven to 200C. Grease a 26 x 16 cm rectangle dish or 23cm round pie dish with a small amount of melted butter.
2. Make Gratin. Using a food processor or bullet, blitz the bread and lemon zest to make breadcrumbs. Mix with the other gratin ingredients and set aside.
3. Clean & peel fennel bulbs. Cut each bulb lengthways then slice thinly. Add oil to saucepan, cook the onion for 3-4 minutes until softened but not browned. Add garlic and cook for 2 minutes. Add fennel and cook, stirring frequently, for 5 minutes. Add tomatoes and brown lentils and cook, stirring frequently for another 2 minutes. Season with salt and pepper then pour into baking dish.
4. Sprinkle gratin over the vegetables and bake for 15 minutes, or until golden brown and crisp. Serve immediately.

Hints

1. Cover leftovers and keeps in the fridge for up to 2 days.
2. If using a **Thermomix**, use Speed 9 for 5 seconds to make the gratin and use Speed 4 for 6 seconds or Pulse with the Turbo button in Closed-lid position for chopping the fennel. Cook the fennel & tomato mix at 100°C for 8-9 minutes before pouring into a baking dish.
3. Omit lentils to make this a low-starch vegetable side dish.