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060208c

Tag name Grains Pulses; Campbells

Capsicum

Mark Jensen

Vegetable and lentil stew

½ cup dried green lentils (French-style)

3 cups Campbell's vegetable stock

Olive oil

½ brown onion, finely diced

1 garlic clove, sliced

½ green capsicum, roughly diced

3cm piece ginger, peeled, chopped

1 Place lentils in a saucepan with the vegetable stock and simmer for 15 minutes or until lentils are cooked. Drain.

2 Heat oil in a frying pan over medium heat, add onion, garlic, capsicum and ginger and cook for 4-5 minutes or until onion softens a little. Add lentils to the frying pan and stir to combine.

3 Spoon lentil mix into a bowl, season with salt and pepper, serve.