# A plate of food  Description automatically generated with medium confidence**Red lentil bake**

**Ingredients**

200g red lentils

1 red pepper

100g reduced fat Cheddar cheese

Small bunch parsley

1 egg

2 x 15ml spoon (2 tablespoons) low fat plain yogurt

Black pepper

**Serves 2**

**Equipment**

Saucepan, colander, chopping board, knife, grater, measuring spoons, bowl, mixing spoon, non-stick baking dish.

Method

1. Preheat reheat the oven to 180°C, gas mark 4.
2. Boil the lentils until cooked, about 15 minutes.
3. Drain the lentils.
4. Prepare the ingredients:
* deseed and finely chop the pepper;
* grate the cheese;
* chop the parsley;
* crack the egg into a bowl and beat.
1. Mix all the ingredients together and pour into a non-stick baking dish.
2. Bake for 40-45 minutes, until golden.

Top tips

* Focus on fibre – serve with a wholemeal roll, flat bread or chapatti.
* Add extra vegetables, such as frozen peas or mushrooms.
* Vary your protein – try using a can of beans instead of lentils, such as butter, pinto, cannellini, or black beans. There is no need to pre-cook canned beans. Just rinse and drain, and then mix with the other ingredients.
* Reduce food waste – add any leftover vegetables to this dish to use them up!