



Lentil casserole with ratatouille

veggies, thyme and feta



ca. 50min



2 personen

Wat je van ons krijgt

- 1 rode ui
- 1 courgette
- 1 aubergine
- 1 blik linzen
- 1 tomaat
- 1 teen knoflook
- 5g verse tijm
- 1x tomatensaus met aubergine en olijven
- 50g feta ⁷

Wat je thuis nodig hebt

- peper en zout
- 30ml olijfolie

Kookgerei

- oven met ovenschaal
- zeef of vergiet

Vergeet niet je versproducten van tevoren grondig te wassen. Voornamelijk de bladgroenten en slabladeren kunnen kleine steentjes bevatten.

Allergenen

melk (7). Kan sporen van andere allergenen bevatten.

Voedingswaarde per portie

calorieën 0kcal



1. Bake vegetables

Preheat the oven to 240°C (220°C fan). Peel and halve the onion, then cut into thin strips. Cut the courgette into ca. 2cm cubes. Add the onions and the courgettes to a medium oven dish. Mix with 1Tbsp olive oil and a large pinch of salt and pepper and add to the preheating oven for a minimum of 8min. or until step 4.



4. Fill casserole

Add the eggplant & olive sauce, the lentils, the tomato cubes, the garlic and ½ of the thyme to the baking dish and mix with the onions and courgettes.



2. Cut eggplant

Cut the eggplant into 0.5cm round slices.



5. Bake casserole

Divide the sliced eggplant over the lentil mix, sprinkle with a pinch of salt and drizzle with 1Tbsp of olive oil. Sprinkle the remaining thyme over the top, then cover with aluminum foil and bake for 15min.



3. Prepare lentil stew

Drain and rinse the lentils in a sieve. Cut the tomato ca. 2cm cubes. Peel the garlic and finely mince or push it through a garlic press. Tear the thyme leaves off the stems.



6. Add feta

Crumble the feta using your fingers or a fork. After 15min. of baking, uncover the baking dish, sprinkle with the feta and bake for another 15min. until the casserole is completely cooked and piping hot. Tip: If the vegetables are not yet cooked or golden brown, turn on the grill to the highest temperature and bake for 5-10min. more.