

LENTIL & CHESTNUT MUFFINS



MINUTES TO PREPARE
20



MINUTES TO COOK
20



MAKES
12



INGREDIENTS

1/4 bulb fennel, finely diced
1 stalk celery, finely diced
1/4 medium red chilli, finely diced
2 cloves of garlic, peeled and finely diced
2cm fresh ginger, peeled and finely diced
50g Puy lentils
50g Green/brown lentils
80g chestnuts, roughly chopped
Water to cover
1 teaspoon vegetable bouillon
2 teaspoons psyllium husk
1 tablespoon cream cheese
Juice of 1/2 a lemon
pinch of mixed spice
1 large handful of flat leaf parsley or coriander, finely chopped
1 egg, whisked
A pinch of Maldon sea salt
A good grind of black pepper

You will need a medium sized saucepan,
1 x 12 muffin tray and 12 muffin cases.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the rapeseed oil, diced fennel and celery in a medium saucepan. Sautée over a medium heat for 10 minutes, until the vegetables are translucent and soft.
- 3 Add the garlic, ginger, chilli and chestnuts and cook for a further 2 minutes.
- 4 Place the lentils in a sieve and rinse well under cold water. Add the rinsed lentils to the sautéed vegetables and stir.
- 5 Cover with water. Add a teaspoon of vegetable bouillon and bring the water to the boil. Cook for 20 minutes or until the lentils are soft.
- 6 Drain well using a sieve and place into a bowl. Add the whisked egg, cream cheese, chopped herbs, psyllium husk and lemon juice and season well with Maldon sea salt and freshly ground black pepper.
- 7 Place a muffin case in each of the muffin holes of the muffin tray. Put a large tablespoon of lentil filling in each until you have used up all of the mix.
- 8 Flatten down with the back of a spoon. Pop in the oven and cook for 20-25 minutes, or until the muffins are golden and firm to the touch.
- 9 Serve hot or cold.

"These handy muffins freeze well so you can use them for weeks afterwards."