SMOKEY LENTILS

This is a light one pot dish that takes 10 minutes of prep time and 20 minutes to cook. It contains lots of nutritious ingredients but won't be heavy on your tummy.

INGREDIENTS

1 jar or can of lentils
1/4 white cabbage
1 large red onion
A couple of handfuls of kale leaves
1T stock powder
Habanero tabasco, to taste
Salt, to taste
1T liquid smoke
Water
Toasted or untoasted pumpkin seeds

DIRECTIONS

Drain and rinse the lentils well.
Roughly slice the cabbage. Finely slice the red onion.

Add all of the ingredients (except the seeds) to a pan.

Pour in enough water so the ingredients are just covered.

Bring to the boil on a high heat then reduce to a simmer.

Add a little hot water if the pan dries out too much.

Cook for around 20 minutes until the cabbage is cooked and the lentils are soft.

Taste to see if any more salt is needed.

Serve and top with the seeds.

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ABOUT DAY

Chef Day Radley is founder of The Vegan Chef School. She became vegan in 1995, when there were very limited resources for creating vegan meals and it was virtually unheard of to have vegan options in restaurants. This gave Chef Day a need to teach herself to cook after growing tired of the few ready-made options available. First she made recipes from cookbooks and friends and then began to veganize non-vegan recipes. Chef Day became a professional chef in 2010 and has developed recipes for the likes of Birdseye & PepsiCo.

Her main aim is to help as many people as possible pursue their career in vegan food. The Vegan Chef School has created over 100 vegan chefs to date!

Chef Day believes that the possibilities are endless and we are only at the start of developing this ground-breaking cuisine.

The Vegan Chef School offers courses to help further the knowledge of keen vegan foodies, teach them to cook tasty dishes at home and help propel them into becoming professional vegan chefs.

Connect with Day:

Guest Chef
Day Radley

www.theveganchefschool.com/

www.instagram.com/theveganchefschool/ www.facebook.com/groups/theveganchefschoolcommunityhub

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