

Lentil and Cheese Wedge

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Ingredients & Quantities

- 230g of Lentils
- 450ml of Water
- 110g of Onions
- 110g of Cheese
- 30g of Margarine
- 10g of Mixed Herbs
- 1 Egg
- 30g of Wholemeal Breadcrumbs
- Salt & Pepper to taste

Method

1. Cook the lentils in the measured water until soft and the water has been absorbed.
2. Chop the onions and fry until transparent in the melted margarine.
3. Combione all the ingredients together and press in to a greased flan tin.
4. Bake at 375F/190C for 30 minutes.
5. Serve hot and garnish with thin slices of tomato.