

Less than 45 minutes

Serves 4

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 2 cans (400g) brown lentils, drained (pat dry with kitchen towel)
- 1 head (300g) cauliflower, broken into florets
- 1 packet (200g) vine tomatoes
- 2 onions, slice into 10 wedges each
- 2 Tbsp (30ml) Moroccan spice mix (or 1-2 tsp (5-10ml) each ground cumin, smoked paprika and ground coriander)
- Salt and milled pepper
- 2 Tbsp (30ml) olive oil + extra for brushing
- 2 cloves garlic, sliced
- Juice (60ml) and grated peel of 1 lemon
- 1 tsp (5ml) honey (or maple syrup)
- 1 roll (400g) puff pastry, defrosted
- Flour, for dusting
- 1 cup (250g) plain yoghurt
- $\frac{3}{4}$ tub (90g) sun-dried tomato or basil pesto
- Handful fresh parsley or rocket, for serving

Method:

1. Preheat oven to 200°C.
2. Place lentils, cauli florets, vine tomatoes and onion wedges on a baking tray, sprinkle with spice mix and season.
3. Whisk together oil, garlic, lemon juice and peel and honey.
4. Roll pastry out on a floured surface into a 3mm-thick rectangle.
5. Score a border around the edge (without cutting all the way through).
6. Using a fork, prick the base all over – this will keep it from puffing up too much.
7. Brush border with a little oil and place tart base on a lightly floured baking tray.

8. Bake both trays (pastry and lentil mixture) at the same time for 30-35 minutes until crispy and golden. Swap trays around halfway through if placing one under the other.
9. Spread pastry with yoghurt and pesto and top with roasted lentil mixture.
10. Garnish with parsley or rocket and serve.