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## INDIAN LENTIL QUICHE

Hands on: 20 min – Oven: 35 min – Makes 1 30cm quiche for 4 people

1 onion  
1 tbsp sunflower oil  
2 carrots  
1 tsp garam masala  
1 tsp cumin seeds  
1 tsp turmeric  
50ml white wine  
265g tinned lentils (drained weight)  
1 bunch coriander  
150ml cream  
2 eggs  
¼ tsp salt  
1 shortcrust pastry base  
2 tbsp mango chutney (optional)  
100g Emmenthaler, grated  
pepper

Preheat the oven to 180°C fan.

Peel and chop the onion. Heat the sunflower oil in a frying pan and fry the onion with a pinch of salt for 4 minutes until soft.

Meanwhile, peel and finely grate the carrots.

After 4 minutes, add the grated carrots, the garam masala, cumin seeds and turmeric to the pan and fry for 2 minutes. Add the white wine and cook for another 2 minutes. Take off the hob and set aside.

Drain the lentils, put into a sieve and rinse under a running tap. Add to the carrots in the pan. Roughly chop the coriander and add to the lentils. Stir to combine.

In a bowl, mix the cream, eggs and salt.

Unroll the shortcrust pastry and put into a 30cm tart tin. Distribute the lentil filling over the base, then pour the eggy mixture all over. Top with grated Emmenthal cheese and bake in the preheated oven for 35 minutes.

Serve with a green salad.