

Lentil Meatloaf



Ingredients

- 2 cups canned brown lentils, drained, rinsed
 - 1 brown onion, diced
 - 2 carrots, diced
 - 1/2 cup red capsicum, diced
 - 1 1/4 cup mushrooms, diced
 - 2 garlic cloves, minced
 - 3 tbsp tomato paste
 - 2 tbsp BBQ sauce
 - 2 tbsp flaxmeal
 - 1 tbsp parsley
 - Salt & Pepper
 - 1 cup rolled oats
 - 1/2 cup breadcrumbs
 - 1/3 cup tomato sauce
 - Brown sugar
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Method

- Preheat your oven to 180°C (356°F).
- In a pan, sauté the diced onion, carrots, capsicum, and mushrooms until they become soft and tender.
- Stir in the minced garlic, and season the mixture with salt and pepper. Continue cooking for an additional minute, then remove the pan from the heat and allowing it to cool.
- In a food processor, combine the sautéed vegetables, drained lentils, tomato paste, BBQ sauce, flax meal, parsley, oats, and breadcrumbs. Pulse the ingredients until they are well combined and form a consistent mixture. If necessary, blend in batches to ensure uniformity.
- Take the resulting mixture and shape it into a log or loaf shape. Place the log on a baking sheet lined with parchment paper, ensuring the baking sheet has raised edges to contain any drippings.
- Bake the log in the preheated oven for approximately 35 minutes, or until it becomes firm and develops a golden-brown exterior.
- Remove the log from the oven and evenly spread tomato sauce over the entire surface of the log, using more sauce if desired. Sprinkle a layer of brown sugar on top of the tomato sauce to aid in caramelisation.
- Place the log back into the oven for an additional 15 minutes. This step allows the sauce and sugar to caramelize, enhancing the flavour and appearance.
- Once done, take the log out of the oven. Allow it to cool outside of the oven. During this time, the log will firm up, making it easier to slice and serve.

