

# Lebanese Lentils



**Dietary:** NF, EF, VEG, GF  
**Allergens:** Dairy, Legumes  
**Age group:** 12 months+



**Makes:** 8  
**Prep:** 15-20 min  
**Cook:** 35 min

# Lebanese Lentils



Nut-Free



Vegetarian



Egg-Free



Gluten-Free

## Ingredients

- 1 tbsp (20ml) extra virgin olive oil
- 1 brown onion (110g), peeled and finely diced
- 2 garlic cloves (10g), peeled and finely diced
- 1 cup (210g) dried green lentils, soaked overnight, rinsed and drained
- 1 small sweet potato, peeled and cubed
- 2 bay leaves
- ½ tbsp (4g) ground cumin
- Pinch ground fresh pepper
- 2 cups (500ml) vegetable stock
- 1-2 cups (250-500ml) water
- 1 bunch of broccolini (200g), chopped
- ½ cup (65g) peas, frozen
- ½ cup corn, canned, drained and rinsed

### Serve with:

- Brown rice
- Grated cheese
- Greek yoghurt

## Method

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook for 1-2 mins or until softened.
3. Add lentils, sweet potato, bay leaves, cumin and pepper and cook for another minute, stirring occasionally.
4. Add stock and water, bring to the boil, then reduce to a simmer. Cover and cook for 15-20 mins, or until lentils soften a little.
5. Stir in the broccolini, peas and corn, cover and simmer for 10-15 mins, or until lentils and vegetables are tender.
6. Serve with brown rice, grated cheese and yoghurt.

### For puree:

Transfer a portion to a blender or use a stick mixer to puree until smooth. Add extra water, breast milk or formula to adjust the consistency if needed.

### For soft-mashed:

Use a fork or potato masher to mash until soft and lumpy. Ensure all pieces are easy to chew and there are no hard or stringy bits. Add a splash of water, milk, or yoghurt to loosen if required.

### For soft finger-food:

Drain excess liquid and allow to cool slightly. Offer soft pieces of sweet potato, broccolini florets, peas, and lentils that are easy to pick up and mash with gums. Serve with soft brown rice and a dollop of yoghurt for dipping.

## Tips

✓ **Prep Tips:** Use canned lentils.

✓ **Allergies:** For a dairy-free version: Swap Greek yoghurt for soy, oat or coconut yoghurt and leave out cheese.