

# Recipes and Tips



## Hearty Lentil Stew with Mashed Potatoes

4 Servings

190 g dry lentils  
1 large onion (chopped)  
2 cloves of garlic (minced)  
1 tbsp oil (for frying)  
750-1000 ml vegetable broth  
135 g mushrooms sliced  
2 tbsp soy sauce or tamari  
1 tbsp balsamic vinegar  
1 tsp each of dried parsley, thyme, and oregano (use more, if fresh)  
½ tbsp cornstarch (to thicken)  
Salt, black pepper, and chili flakes to taste

### Optional extras

Tomato paste: Just a tablespoon or two can add depth to the sauce

Lemon juice: Add in a squeeze (or more) of lemon juice before serving the stew for extra 'bright' flavour and depth.

Chop the onion, garlic, mushrooms. Heat oil in a skillet/frying pan, stir in the diced onion, the minced garlic, and fry for 3 minutes over medium heat.

Add mushrooms, dried parsley, thyme, oregano, balsamic vinegar, soy sauce, and fry for a further 3-5 minutes.

Now add the lentils and vegetable broth and cook on low-medium heat (add more broth for a saucier stew) until the lentils are tender, about 20-25 minutes.

Serve on mashed potatoes