

# MARLEY SPOON



## Vegetable and Lentil

Baked Ricotta Pie with Feta



20-30min



2 Portions

With meaty mushrooms and robust lentils cooked in a rich tomato sauce heady with cinnamon, even carnivores will ditch their meat pies for this healthy Greek-inspired vegetarian version. What will really seal the deal, though, is the sensational golden cheese crust of ricotta and feta.

## What we send

- roasted capsicum strips <sup>17</sup>
- 1 garlic clove and oregano
- ground cinnamon
- button mushrooms
- ricotta <sup>7</sup>
- diced tomatoes
- red lentils
- baby spinach leaves
- feta <sup>7</sup>

## What you'll require

- egg <sup>3</sup>
- milk <sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

- foil
- large frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

### Allergens

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 540.0kcal, Fat 25.2g, Proteins 31.1g, Carbs 41.6g



### 1. Prepare ingredients

Preheat the oven to 220C. Crush or finely chop the **garlic**. Pick the **oregano** leaves and finely chop. Clean the **mushrooms** and coarsely chop. Drain and rinse the **lentils** in a sieve. Drain the **capsicum strips**.



### 2. Cook mushrooms

Heat **oil** in a large deep frypan over medium-high heat. Cook the **mushrooms**, stirring for 4 mins or until lightly golden. Add the **garlic, oregano** and **cinnamon**, and cook, stirring, for a further 1 min or until the garlic is golden.



### 3. Make sauce

Reduce the heat to medium, stir in the **tomatoes** and **lentils**, and season well with **salt and pepper**. Cook, stirring occasionally, for 5 mins to allow flavours to infuse. Stir in the **capsicum** and **baby spinach**, and cook for 1 min or until spinach is wilted. Remove pan from heat.



### 4. Prepare ricotta topping

While sauce is cooking, using a fork, whisk together the **ricotta, milk, egg, salt and pepper** in a bowl until well combined.



### 5. Transfer mixture

Transfer the **lentil mixture** to the baking dish(es). Place on an oven tray.



### 6. Bake pie

Pour the **ricotta mixture** over the lentil mixture and smooth out with the back of a spoon. Cover with foil and bake for 5 mins. Switch oven to a high grill, remove foil and crumble over the **feta**. Grill for 5 mins or until golden. Serve.