

# WELLINGTON'S WELLINGTON

Easy peasy to make, this flavourful and warming Wellington is bursting with nutritious lentils, everyday veg and fragrant spices!

## Serves 4

Prep time: 10 minutes  
Cook time: 60 minutes  
Passive time: 10 minutes  
Ready time: 80 minutes

## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 celery
- 1 large carrot
- 1 leek
- 2-4 garlic cloves, diced
- 150 g dry brown lentils
- 600 ml vegetable stock
- 2 teaspoons fresh or dry thyme
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon garam masala
- salt, to taste
- 3 tablespoons dried breadcrumbs
- 1 sheet puff pastry (approx. 325-375g)
- 4 tablespoons plant-based milk, for brushing
- 1 teaspoon poppy seeds, optional

## METHOD

1. Chop up the carrot, celery and leek into 1 cm cubes and fry them together in the oil in a large saucepan, along with the chopped garlic. Once they have softened (about 5 minutes) add the brown lentils and pour in the vegetable stock and water, stirring continuously. Bring to a boil then simmer.
2. Add the thyme, turmeric, paprika, garam masala and salt to the pan and leave to simmer for 20 minutes, or until much of the liquid has evaporated.
3. Remove the pan from the heat and stir in the breadcrumbs. Let the mixture cool for 10 minutes. Meanwhile, preheat the oven to 190°C/ 375°F/gas mark 5.
4. Lay the puff pastry out onto a greased/lined baking tray and spoon the mixture down the middle of the pastry in a cylindrical shape. Tuck the shorter sides in, as if you were wrapping a burrito, and then wrap the longer sides over to meet each other, overlapping slightly. Place the seam side down on the baking tray.
5. Using a knife, lightly score the top of the Wellington with diagonal crisscross lines, making sure not to go too deep. Brush the top of the pastry with the plant-based milk of your choice and sprinkle with poppy seeds.
6. Cook in the oven for about 30 minutes, or until the pastry starts to look golden.

## ADDITIONAL NOTES

The beauty of this recipe is that you can tweak it depending on what vegetables you have in stock – substitute leek for onion (or take it out altogether), throw in some kale, mushrooms or even a bit of beetroot – the sky's the limit!



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