

Mushroom & Lentil Bake



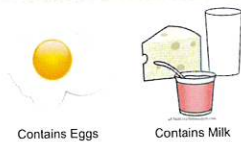
Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Lentils Green/Brown	33 g	325 g	1.63 kg	3.25 kg	6.5 kg
Margarine	9 g	85 g	425 g	850 g	1.7 kg
Onions	23 g	225 g	1.13 kg	2.25 kg	4.5 kg
Mushrooms	23 g	225 g	1.13 kg	2.25 kg	4.5 kg
Lemons	0.05 each	0.5 each	2.5 each	5 each	10 each
Fresh Parsley	0 g	4 g	19 g	38 g	75 g
Cheddar Cheese	23 g	225 g	1.13 kg	2.25 kg	4.5 kg
Eggs Medium	0.15 each	1.5 each	7.5 each	15 each	30 each
Ground Black Pepper	0 g	3 g	13 g	25 g	50 g

Method

Wash the lentils and place in a saucepan.
 Add water, bring it to the boil and cover.
 Simmer until soft and drain.
 Melt the margarine and fry the onions and mushrooms for 3 mins.
 Add the lemon juice and fry for a further 2 mins.
 Mix with the lentils and other ingredients.
 Spread in a greased tin and bake at 190c for 45 min until core temperature exceeds 75c.
 Garnish with parsley and serve.

Assembled Tags



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Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	259.36kcal	159.68kcal
Fat	16.2g	9.97g
Satd FA /100g fd	8.21g	5.05g
Carbohydrate	14.97g	9.22g
Protein	14.4g	8.87g
NSP	3.49g	2.15g
Vitamin A	157.56µg	97µg
Vitamin C	2.46mg	1.51mg
Zinc	1.86mg	1.15mg
Iron	3.23mg	1.99mg
Folate	48.96µg	30.14µg
Calcium	192.99mg	118.82mg
Sodium	247.53mg	152.4mg
Salt	0.62g	0.38g
Total sugars	1.64g	1.01g



Standard Size: Ptn

Allergen Assembled Tags

