Persian red lentil and olive casserole recipe
Created by Tony Chiodo   adapted by Jo

Ingredients

2 tablespoons extra virgin olive oil
1 red onion, cut into wedges
2 garlic cloves, crushed
1 carrot, sliced on the diagonal
2 teaspoons thyme leaves
1 celery stalk, sliced on the diagonal
200 g sweet potato, sliced on the diagonal
1 cup dried brown lentils
5 cups vegetable or chicken stock
2 bay leaves
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
8 pitted black olives, sliced

Method

Soak lentils overnight and drain
Heat 1 tablespoon oil in a heavy-based saucepan over medium heat, add the onion and garlic and sauté for 3 minutes, or until softened. Add the carrot, thyme, celery and sweet potato, and sauté for 5 minutes, or until slightly brown and softened.

Add the lentils, stock and bay leaves. Cover the pan, reduce the heat to low and simmer for 30 minutes, or until the lentils are cooked. Season with the sea salt and freshly ground black pepper and stir through the sliced olives and remaining oil.