



# RICH LENTIL STEW

*With Feta Cheese*

Serves: 6 | By Chef: Rafaela Carneiro

## INGREDIENTS

- ¼ olive oil
- 2 onions, finely chopped
- 3 garlic cloves crushed
- 2 celery sticks cut in small pieces
- 2 tbsp tomato paste
- 1 tbsp dried oregano
- ½ tbsp ground cumin
- 1 bay leaf
- 1 1/3 cups of brown lentils (soak in water for 20 min before cooking)
- 2 ½ quarts of chicken stock
- 1 bulb of fennel sliced
- Salt to taste
- Lemon wedges to serve
- Crumbly feta to serve

## PROCEDURE

- 01** Heat the olive oil in a large saucepan over medium heat.
- 02** Add the onion, garlic, celery, cumin, oregano, bay leaf and salt. Cook for about 5 min.
- 03** Add the tomato paste and stir for another min.
- 04** Add the lentils and chicken stock, bring to a boil, then reduce the heat to low and simmer for 40 min or until the lentils are tender.
- 05** Add the sliced fennel and cook for further 5 to 6 minutes, try keep the fennel "firm to bite".
- 06** Season with salt and pepper and serve it in large bowls with the lemon wedges, feta cheese and olive oil.

MARKETPLACE

