



EMBER LENTIL BOWL

Ciotola di lenticchie rosse

40 MIN • APPRENTICE • MEDITERRANEAN



INGREDIENTS

RED LENTIL BASE

- 1 cup (200g) red lentils, rinsed
- 2 cups (480ml) water
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp cumin
- 1/2 tsp smoked paprika
- 1 can diced tomatoes
- Juice of half a lemon
- Salt to taste

TO ASSEMBLE

- 2 eggs
- 1 tbsp white vinegar (for poaching)
- 2 oz (60g) feta, broken into large pieces
- Drizzle of good olive oil
- Greens of your choice, to garnish

SEARED EGGPLANT AND TOMATOES

- 1 medium eggplant, cut into cubes
- 1 cup (150g) cherry tomatoes, halved
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- Pinch of chili flakes
- Salt

INSTRUCTIONS

STAGE 1: COOK THE LENTIL BASE

1. Heat the olive oil in a saucepan over medium heat. Add the garlic and cook for 1 minute until fragrant.
2. Add the diced tomatoes and stir occasionally until they soften slightly, about 2 minutes.
3. Add the cumin and smoked paprika and stir to coat.
4. Add the lentils and water. Bring to a boil, then reduce the heat and simmer uncovered for 12 to 15 minutes, stirring occasionally, until the lentils are soft and creamy. The texture should be thick but not completely smooth.
5. Finish with the lemon juice and salt. If the base thickens too much before serving, add a splash of water and stir.

STAGE 2: SEAR THE EGGPLANT AND TOMATOES

1. Cut the eggplant into cubes and salt generously. Let it sit for 10 to 15 minutes to draw out moisture, then pat dry with a paper towel.
2. Toss the dried eggplant with the olive oil, making sure each piece is lightly coated. Add the smoked paprika, garlic powder, and chili flakes.
3. Heat a dry pan over high heat until very hot. Add the eggplant in a single layer and sear without moving for 2 to 3 minutes per side, until a dark crust forms and the inside softens. Work in batches if needed, crowding the pan causes steaming, not searing.
4. Set the eggplant aside on a plate, uncovered, so the crust stays crisp.
5. In the same pan, add the cherry tomatoes cut side down. Cook on high heat for 1 to 2 minutes without moving, until the cut edges caramelize and char slightly.

STAGE 3: POACH THE EGGS

1. Bring a small saucepan of water to a gentle simmer and add the white vinegar.
2. Crack each egg into a small cup first. Create a gentle swirl in the water with a spoon, then slide the egg in from close to the surface.
3. Poach for 3 minutes for a set white and a fully liquid yolk. Remove with a slotted spoon. If you are poaching ahead, slide the eggs into a bowl of iced water to stop the cooking, otherwise serve them straight away.
4. Poach one egg at a time if you are new to it. The cup method gives you control over the drop.

STAGE 4: ASSEMBLE

1. Spoon the warm lentil base into a bowl. It should cover the bottom generously.
2. Arrange the seared eggplant and cherry tomatoes on top.
3. Break the feta into large, uneven pieces and tuck them in between the eggplant.
4. Place the poached egg in the centre.
5. Finish with a squeeze of lemon, greens of your choice, and flaky salt if you have it.

NUTRITIONAL VALUE

Per serving (approx. 450g, based on 2 servings):

~420 kcal

CALORIES

20g

TOTAL FAT

38g

CARBOHYDRATES

22g

PROTEIN



LANTERN KITCHEN STORIES