



# LENTIL STUFFED ENCHILADA BAKE

Serves 8

## INGREDIENTS

1½ cups IMBO Whole Black Lentils  
Pinch of salt  
1 tbsp oil, of choice  
1 onion, finely chopped  
2 cloves garlic, chopped  
1 red pepper, cubed  
1 tin (400g) chopped tomatoes  
1 tsp paprika  
1 tsp cumin  
Salt and pepper, to season  
8 tortilla wraps  
2 cups store-bought tomato-based sauce, of choice  
2½ cups grated cheese

## Serving suggestion:

Sour cream  
Avocado, coarsely mashed  
Pickled red onion  
Sprigs of fresh coriander  
Lime wedges

## METHOD

1. Rinse the Imbo Whole Black Lentils and place in a pot. Add 3 cups water and salt and bring to the boil. Once boiling, reduce to a simmer, cover and allow to cook for about 25 minutes, or until the lentils are just tender and the water is absorbed.
2. In a large pan, sauté the onion and garlic in oil over a medium heat until soft. Add the red pepper and cook for 3 minutes. Add the tomatoes, paprika and cumin and allow to simmer over a low heat for 10 minutes.
3. Stir in the cooked lentils and season with salt and pepper to taste. Allow to cool slightly.
4. Preheat the oven to 180°C and grease a large baking dish.
5. Generously fill each wrap with 3-4 large spoons of the lentil filling, top with a small handful of grated cheese and roll them up carefully. Place the wraps in the greased baking dish with the fold at the bottom.
6. Spread the tomato-based sauce over the wraps and sprinkle over the remaining grated cheese.
7. Bake, uncovered, for 20-25 minutes, or until the cheese forms a golden crust.
8. Top the bake with generous dollops of sour cream, guacamole, pickled red onion and fresh coriander.
9. Serve 2 wrapped enchilada per portion with a lime wedge on the side and ENJOY!!