

A protein-packed, plant-based dish, perfect for powering pupils through the day.

EDUCATION SECTOR: Secondary
SERVINGS: 10
ALLERGENS: N/A



Loaded Wedges – Lentil & Red Bean Makhani

Ingredients

FOR THE WEDGES:

2.5kg Jacket 60s

[10g KNORR Professional Vegetable Powder Bouillon](#)

100ml Water

FOR THE TOPPING:

300g Red Lentils

600ml Water

200g Onions, diced

[150g KNORR Professional Patak's Tikka Masala Paste](#)

1kg Tinned Kidney Beans

50g Margarine

FOR THE GARNISH:

150g Red Onion

150g Tomatoes, diced

10g Coriander, chopped

100g Plant-based coconut yoghurt

Method

FOR THE WEDGES:

- Place the potatoes onto an oven tray and bake for 45 minutes at 160°C
- Once cooked, remove from the oven and allow to cool slightly before cutting into 8 wedges.
- Mix the water and KNORR Professional Vegetable Bouillon together in a saucepan, bring to the boil and reduce by half.
- Toss the wedges in the bouillon then bake again for 10 minutes until golden.

FOR THE TOPPING:

- Pour the lentils, water, onions and KNORR Professional Patak's Tikka Masala Paste into a saucepan then bring to the boil.
- Once boiled, reduce the heat and simmer 20 minutes. Then pour in the beans with juice and simmer for a further 10 minutes.
- Once the lentils are soft, remove from the heat and stir in the margarine. Cover and allow to "rest" for 5 minutes.

TO FINISH / SERVE:

- Dice the onion and tomatoes and place into a bowl. Add the coriander.
- Place a portion wedges into a take-away container, spoon over with the makhani and top with the salsa and yoghurt.



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