



CREAMY GARLIC LENTILS & VEGGIE COURGETTI

Serves 2 approx

This vegetarian courgetti is a fantastic blend of flavours and really makes the most of our Garlic & Herb Sheese with its rich, aromatic overtones.

Ingredients

- 1 teaspoon olive oil
- 100g mushrooms, sliced
- 50g frozen peas
- 2 cloves garlic, crushed
- 1 teaspoon mixed herbs
- Pinch of cayenne pepper
- Black pepper & salt
- 75g broccoli florets
- 2 courgettes, spiralised
- 100g cooked Puy lentils
- 2 tablespoons Bute Island Garlic & Herb Creamy Sheese
- 2 teaspoons Dukkah spice (optional)

Cooking Method

Heat the oil in a large non-stick pan then add the mushrooms, peas, garlic, herbs and seasoning and cook on a high heat for 10 minutes to soften.

Meanwhile steam the broccoli florets until tender then drain.

Throw in the lentils and courgetti and continue to cook for a few minutes (make sure there is very little liquid in the pan by now).

Turn the heat down and stir in the Sheese along with the drained broccoli.

Continue to cook for a few minutes to heat through and to allow the Sheese to melt.

Divide between two plates then sprinkle each with some Dukkah. Enjoy!

