



# Lentil Loaf

Visual Recipe  
by DAREBEE

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2 cups - 13oz - 400g lentils  
1 cup - 3oz - 100g oat flakes  
2 tbsps - 1oz - 30g ground flax seeds.  
¼ cup - 2oz - 50ml tomato sauce  
1 tbsp molasses

**LEVEL UP!** Add extra tomato sauce and sesame seeds.

8 SLICES

## INSTRUCTIONS

1. Rinse the lentils really well.
2. Transfer the lentils to a cooking pot. Cover with double the amount of water and stir once. Bring water to a boil then lower heat to low. Cover with a lid and simmer until the lentils are tender and have completely absorbed the water - 30 minutes.
3. Preheat the oven to 400°F (200°C) bottom heat. Combine all of the ingredients in a mixing bowl. Season for taste and mix well.
4. Place the lentil mix on top of a baking tray lined with baking paper and shape into a thick rectangle with a spoon. Bake in the oven for 30 minutes or until it begins to brown. Allow to cool for 30 minutes.
5. Slice up and transfer to a plate.
6. Top with extra tomato sauce and sprinkle with sesame seeds.

