

Herby Tomatoes & lentils with Crispy Marrow

Serves 2

Ingredients

1 large red onion, peeled and chopped
1 very big handful chopped tomatoes or 1 x 400g tin canned chopped tomatoes
2 large garlic cloves, peeled and chopped
1 teaspoon grated fresh ginger
1 long red chilli, deseeded and chopped
4 tablespoons extra virgin olive oil
1 cup/200g cooked lentils (if from a can/tin they are pre-cooked)
2 teaspoons apple cider vinegar
2 handfuls fresh herbs - basil, oregano, parsley etc
Salt and pepper to taste
Fresh marrow, cut into 2 cm wedges (if it is fresh young marrow you will not need to remove the seeds); Or cut up some courgettes into 2cm slices, leaving the skin on; Or cook up some buckwheat or whole grain spelt pasta. The amount of each depends on how much you would like.
1 tablespoon pumpkin seeds
1 tablespoon roughly chopped raw almonds
Optional - Cheese for grating onto the dish or torn fresh mozzarella or soft goats cheese for dotting over the top

Method

- Add half the oil and all the onion to a large frypan on a medium low heat. Pop a lid on and cook until the onions have begun to soften (about 5 minutes).
- If cooking pasta to accompany this dish, then begin the cooking process now.
- To the pan add in the tomatoes, garlic, ginger and chilli. Stir to combine and warm. If using fresh tomatoes, pop the lid back on and cook until the tomatoes have completely softened.
- Once warmed and sauce-like, add the lentils and herbs to warm in the pan.
- Add vinegar, salt and pepper to season the herby tomato and lentil dish.
- Tip out the herby tomato and lentil dish into a holding bowl to keep warm.
- Wipe out the pan and turn the heat up to high; Add the other half of the oil and the marrow pieces or courgettes; You may have to cook them in two batches.
- Cook so they crisp on one side a bit before turning over to cook on the other side. The marrow or courgettes will not need much cooking because they are delicious semi-cooked and still slightly crunchy. As you cook the marrows/courgettes add some pinches of salt and pepper.
- Towards the end of the marrow/courgettes cooking time throw into the pan the pumpkin and almonds to toast up slightly.
- Divide the marrow/courgettes between two shallow open bowls (like pasta bowls) and sprinkle over the pumpkin and almonds.
- Top with the warm tomato and lentil dish, scattering over some fresh cheese if you wish to melt into the dish.

Emma Ellice-Flint *Nutritional Therapist* | Author | Presenter

Website: www.emmasnutrition.com

Instagram: [emmas_nutrition](https://www.instagram.com/emmas_nutrition) Facebook: [emmasnutrition](https://www.facebook.com/emmasnutrition)

Clinic: Newson Health, Church Street, Stratford-Upon-Avon, CV37 6HB, UK Telephone: +44 1789 595004