

Mushroom and Fennel Hotpot

The fennel, leek, garlic, mushrooms and lentils in this dish all contain great fibre for the gut. In particular the leek and garlic are vegetables that have prebiotic effects.

Serves 2

1 (300g) fennel bulb (once trimmed weighs about 200g)
3 tbs extra virgin olive oil
1 leek, trim off green end, remaining white part weighs about 70g
1 clove garlic, peeled
200g baby mushrooms such as Swiss Brown
2 handfuls (50g) chopped kale or spinach
4 tbs broth or stock or light/white/shiro miso soup
100g cooked black lentils
100g firm tofu
Juice from 1 lemon
2 tbs (20g) roughly chopped almonds
4 tbs natural unsweetened yoghurt (optional)

Trim the top and base off the fennel bulb, and remove the first outer layer if it is a bit 'woody'. Save the green fennel fronds to decorate the top of the cooked dish later.

Finely slice the leek, fennel and garlic.

In a large frypan or crockpot add the extra virgin olive oil, and warm on low heat, add the leek, fennel and garlic, stirring around a bit.

Pop a lid on the pan and slowly soften for about 5 minutes. Try not to rush this as you don't want the garlic to catch on the bottom of your pan otherwise it goes a little bitter.

Stir in the mushrooms and kale and continue cooking on low heat, with the lid on, for 3 minutes, stirring occasionally.

Stir in 4 tablespoons of broth/stock/miso soup. Pop the lid back on and cook on low heat for a couple of minutes until the mushrooms are just cooked.

Add the lentils, tofu and lemon juice, stir around, taste the dish - add salt and pepper to taste.

Divide into two portions to serve (perhaps save one for tomorrow's lunch).

Stir through some natural unsweetened yoghurt and scatter over the almonds.

