

Eggplant and Lentil Stew

Here's a stew inspired by Yotam Ottolenghi to carry you into fall and it is a much deserved helping of pure comfort in a bowl.

Ingredients

- Olive oil
- 1 Red onion, peeled and finely chopped
- Fresh thyme leaves removed from stems
- 1 large or 2 small eggplants cut in chunks
- 24 cherry tomatoes halved or 2 large tomatoes chopped
- 180 g or 1 cup of Green French Lentils (Puy)
- Fresh baby spinach or frozen chopped spinach
- Water to cover
- 1-2 cubes of vegetable bouillon
- Vegan sour cream
- Crushed red pepper flakes
- Fresh oregano sprigs

Directions

1. Place chopped eggplant and halved cherry tomatoes in a large bowl. Generously season with salt and pepper and allow to sit.
2. Add olive oil to a large heavy, lidded skillet on medium heat. Add onion and saute until soft. Remove onion with a slotted spoon, leaving oil in the pan. Return to heat and add thyme, with eggplant and tomatoes, in batches if necessary. Saute until eggplant has softened and tomatoes have collapsed.
3. Add lentils and stir well to incorporate. Cover with water, bring to a boil, reduce heat to low. Cover and cook until lentils are tender, about 20 minutes. Add water if necessary. Adjust seasonings as needed, adding bouillon cubes one at a time. Fold in spinach before

serving.

4. Serve with a dollop of vegan sour cream, pinch of red pepper flakes and a sprig of oregano.