

## Lentils in Wine and Tomato

### Tomato coulis:

- 1 kg very ripe tomatoes
- 2 tbsp finely chopped onion
- 2 tbsp finely chopped garlic
- 2 tbsp Mount Zero Extra Virgin Olive Oil
- salt and freshly ground black pepper

Fry the onion and garlic in the olive oil until soft and golden. Chop the tomatoes, add to onion and cook until soft. Season with salt and pepper, and puree.

### Lentils:

- 250 g Mount Zero Persian Red Lentils
- 1 finely chopped small onion
- 1 finely chopped carrot
- 2 tbsp Mount Zero Extra Virgin Olive Oil
- 1 glass of dry white wine
- 200ml tomato coulis (see above)
- 200ml chicken stock
- salt and freshly ground black pepper
- sprig of sage

Fry the onion, carrot and bacon in a heavy based pan until onion is golden, stir in the lentils, wine, tomato coulis and stock to just cover the lentils, add sage leaves and season with salt and pepper. Cover and simmer, stirring occasionally, until lentils are tender (30-40 minutes). Add water or stock if necessary. The dish should not be sloppy.

Serve with roast game or poultry

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