

MAIN COURSE

SESAME-CRUSTED CAPRICORN ON WARM PUY LENTIL AND ROASTED PEPPER SALAD



This recipe is suitable for vegetarians



SERVES 4

1 red and 1 yellow pepper	2 tbsp roughly chopped flat leaf parsley
1 red onion, cut into wedges	2 x 100g Capricorn Somerset Goats Cheese, halved
2 cloves garlic, crushed	2 tbsp sesame seeds
4 tbsp olive oil	
150g Puy lentils, rinsed	
2 tbsp balsamic vinegar	

- Preheat the oven to 200C (400F, gas 6).
- Halve and deseed the peppers then cut into wedges.
- Toss the peppers, red onion and garlic together in a baking tray with 1 tbsp olive oil and seasoning. Roast for 20-25 mins until beginning to caramelise.
- Meanwhile, cook the lentils in boiling water for 15-20 mins until tender.
- Drain and mix with 2 tbsp olive oil, the balsamic vinegar, parsley and seasoning
- Stir in the roasted vegetables.
- Press the cut sides of the Capricorn Somerset Goats Cheese in the sesame seeds.
- Heat 1 tbsp oil in a non-stick frying pan, add the Capricorn Somerset Goats Cheese, seed-side down, and cook for 2-3 mins until golden, over a medium heat.
- Serve on top of the warm lentil salad.

