

The Autism Food Club



Bacon Hot Pot

(Serves 4)



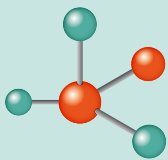
Ingredients

- 8 tablespoons red lentils
- 1 large onion (peeled and finely sliced)
- 2 eating apples (peeled, cored and sliced)
- 16 rashers of bacon / 4 bacon chops (remove excess fat)
- 4 large potatoes (peeled and sliced)
- 1 teaspoon black pepper
- 1 tablespoon fruity brown sauce (check the label for gluten most are gluten free)
- 600ml hot water
- 1 teaspoon chopped fresh sage (optional)



Method

- 1 Preheat your oven to 190°C / gas mark 5.
- 2 In four individual oven proof dishes, place two tablespoons of red lentils and in each split the onion, sage and apple between the dishes.
- 3 Top each dish with 4 rashers of bacon, then layer up the potatoes.
- 4 Mix the fruity sauce into the hot water and pour into the dishes.
- 5 Cover with foil and bake for 1 hour 30 minutes, remove the foil and bake for a further 30 minutes to crisp the potato and help evaporate the excess liquid.



Sprinkling of science

Red lentils as well as being a great source of protein by weight comprise nearly half insoluble dietary fibre which is good news for the gastrointestinal tract but also potentially for reducing blood cholesterol levels.

Suggested to be the 'perfect' food by some, lentils are a great source of folic acid as well as containing iron, magnesium and potassium.

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