

Lentil Pie

Easy Middle Eastern lentil pie recipe with flaky pastry. Perfect for breakfast or tea time. Vegetarian comfort food made with green lentils and spices.

20 min

PREP

30 min

COOK

50 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 cup green lentil
- 1 pack mille feuille
- 1 onion
- 2 clove garlic
- 0.5 tsp black pepper
- 1 tsp chili flakes
- 1 tsp salt
- 3 tbsp sunflower oil
- 1 water

Instructions

- 1 Prepare for cooking**

Preheat oven to 180°C (356°F). Line a baking sheet with parchment paper.
- 2 Make the lentil filling**

Heat 3 tablespoons sunflower oil in a large pan over medium heat until shimmering, about 1-2 minutes.
- 3** Add 1 diced onion and 2 minced garlic cloves to the hot oil. Cook, stirring frequently, until onion is soft and translucent, about 4-5 minutes.
- 4** Add 1 cup cooked lentils, ½ teaspoon black pepper, 1 teaspoon chili flakes, and 1 teaspoon salt to the pan. Stir to combine and cook until heated through, about 2-3 minutes.
- 5** Remove pan from heat and let filling cool completely to room temperature, about 15-20 minutes.

6 **Prepare the pastry**

Roll out 1 pack puff pastry on a lightly floured surface to about 3mm thick. Cut into 8 equal rectangles, each approximately 10cm x 15cm.

7 **Assemble the pies**

Place 2 tablespoons of cooled lentil filling on one half of each pastry rectangle, leaving a 1cm border around the edges.

8 Fold the pastry over the filling to create a rectangle. Press edges firmly with a fork to seal completely, ensuring no filling can escape.

9 **Apply egg wash and bake**

Whisk 1 egg yolk with 1 tablespoon water in a small bowl. Brush the top of each pie with egg wash using a pastry brush.

10 Place pies on prepared baking sheet, spacing them 2cm apart. Bake for 25-30 minutes until golden brown and puffed.

11 **Serve**

Cool pies on baking sheet for 5 minutes before transferring to serving plates. Serve warm.

Tips

Cook the lentil filling completely and let it cool to room temperature before assembling the pies to prevent the pastry from becoming soggy.

Don't overfill the pastries - 2 tablespoons of filling per pie is sufficient to allow proper sealing and prevent bursting during baking.

Crimp the edges firmly with a fork to ensure the pies stay sealed during baking and create an attractive border.

Pierce the top of each pie with a fork or make small slits to allow steam to escape and prevent the pastry from puffing up too much.

Brush the egg wash evenly but lightly - too much will cause uneven browning and potentially soggy spots.

Let the pies rest for 5 minutes after baking before serving to allow the filling to set slightly and prevent burns from hot filling.

For extra flavor, add a pinch of smoked paprika or ground coriander to the lentil mixture while cooking.