Hibernation Hotpot

Ingredients

1 large onion

3 stalks of celery

3 carrots

3 large potatoes

2 vegetable stock cubes

2 tablespoons olive oil

100g split red lentils

1 tin chopped tomatoes

Utensils

Scales

Peeler

Sharp knife

Chopping board

Wooden spoon

Jug

Kettle

Tin opener

Bowl

Saucepan

Method

Cut one end off the onion and peel. Cut the onion in half lengthways through the other end. Lay it flat and make cuts towards the end that is still attached but not all the way through. Then cut it width ways to make small diced onion pieces. Put in the bowl

Wash, top and tail the celery then slice thinly. Peel the carrots, top and tail and then cut in half length ways. Thinly slice to match the celery, add to bowl.

Peel and dice the potato so it is about the size of an oxo cube and add to the bowl.

Crumble the stock cubes into a jug along with 500ml of boiling water and stir until stock cubes are dissolved.

Put the oil in the pan and heat until it sizzles when a piece of vegetable is dropped in. Pour all the vegetables in and stir, ensuring it doesn't stick to the bottom of the pan. Then add the stock cubes and water, remembering to stir slowly so you don't splash the liquid.

Add the lentils and chopped tomatoes and stir slowly. If the vegetables are not covered, add a little more water.

When the vegetables are tender, remove and serve.

Remember you can add any vegetables you like: mushrooms, swede, parsnip, sweet potato, mushrooms etc.