

# SOMERSET GOATS CHEESE CAPRICORN

## MAINS

### 8) Sesame-crusted Capricorn on Warm Puy lentil and Roasted Pepper Salad (winter)

Serves 4

#### Ingredients

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

- 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 goats cheese in the sesame seeds
- Heat 1 tbsp oil in a non-stick frying pan, add the goat's cheese, seed-side down, and cook for 2-3 mins until golden, over a medium heat
- Serve on top of the warm lentil salad