

Exquisite Bagel

1 XL bagel (ideally with sesame)
2 tbsp olive oil
1 crushed garlic clove
2 tbsp dried thyme
100 g mushrooms, chopped
75 g green, cooked lentils
25 g cashews, chopped
25 g wholemeal flour
200 ml milk
100g Cheddar cheese, grated
salt, pepper
fresh thyme



Preparation:

Slice the bagel and scoop out the halves. Put the slices in an ovenproof baking pan.

Heat the olive oil in a frying pan, add garlic and thyme, add the mushrooms after 3 minutes and steam all together for about 5 more minutes. Stir in the lentils and the cashews and cook the mixture for 2-3 minutes.

Powder the mixture with flour and mix it very well. Add milk slowly and continue to stir until the mixture starts to boil. Add the cheese and let it melt, add salt and pepper.

Fill the mixture in the bagel slices, then put them into the oven for about 15 minutes at 190 °C , until the mixtures has a golden crust . Garnish with thyme and serve.

Enjoy your meal!