



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: PISTACHIOS

The pistachio nut is also known as the 'happy' nut because of its bright green colour. They are also loved for being a good source of protein and healthy fats!



## 4. BELUGA LENTILS WITH ROAST VEGGIES AND SPICED PISTACHIOS

A warm beluga lentil salad with roast dutch carrots and beetroot, drizzled with a creamy spring onion dressing and finished with spiced pistachios.

 30 Minutes

 4 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
21g	25g	43g

11 May 2020



## FROM YOUR BOX

BELUGA LENTILS	1 packet (200g)
DUTCH CARROTS	1 bunch
BEETROOTS	2
SMALL EGGPLANT	1
ZUCCHINI	1
SPRING ONIONS	1/4 bunch *
COCONUT YOGHURT	1 tub (300g)
SESAME SEEDS	1/2 packet (15g) *
PISTACHIOS	1 bag (80g)
DILL	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground coriander, ground cumin, red wine vinegar

## KEY UTENSILS

oven tray, stick mixer or blender, saucepan, frypan

## NOTES

Add a small garlic clove to the dressing for an extra punch.



### 1. COOK THE LENTILS

Set oven to 220°C.  
Bring a saucepan of water to the boil. Add lentils and simmer for 15-20 minutes until tender. Drain and rinse.



### 2. ROAST THE VEGETABLES

Trim carrots and wedge beetroot. Dice eggplant and zucchini. Cut ends of spring onions (reserve tops). Toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



### 3. MAKE THE DRESSING

Roughly slice spring onion tops. Blend together with coconut yoghurt and **1/2 tbsp vinegar** until smooth (see notes). Season with **salt and pepper**.



### 4. SPICE THE PISTACHIOS

Heat a frypan over medium heat. Add **1/2 tsp each of ground cumin and coriander** along with sesame seeds and pistachios. Cook stirring for 3-4 minutes until fragrant and toasted. Season with **salt**.



### 5. TOSS LENTIL SALAD

Whisk together **2 tbsp vinegar and 2 tbsp olive oil**. Roughly pick dill fronds. Toss all together with lentils and cooked vegetables.



### 6. FINISH AND PLATE

Divide lentil salad among plates. Drizzle with dressing and scatter over spiced pistachios to taste.