



### Product Spotlight: Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



## Harissa Dressed Lentils

### with Roast Peppers and Almonds

Puy lentils with lemon, garlic and cumin, tossed with sautéed kale, fresh cucumber and tomato. All finished with creamy coconut yoghurt, harissa dressing and chopped almonds.



25 minutes



4 servings



Plant-Based

10 February 2023

## Warm it up!

*For a warmer dish, cook the tomatoes in the pan with the kale. Add the cooked lentils to warm them up before tossing them with the salad.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	13g	20g	28g

## FROM YOUR BOX

PUY LENTILS	200g
COCONUT YOGHURT	200ml
HARISSA PASTE SACHET	1
KALE	1 bunch
LEMON	1
CHERRY TOMATOES	2 packets (2 x 200g)
LEBANESE CUCUMBERS	2
PIQUILLO PEPPERS	1 jar
ALMONDS	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds, 1 garlic clove

## KEY UTENSILS

frypan, saucepan

## NOTES

Remove the stems before slicing the kale leaves. You can blanch the stems and transform them into a pesto by processing with any leftover almonds, lemon and nutritional yeast.



### 1. COOK THE LENTILS

Place lentils in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



### 2. PREPARE THE DRESSING

Combine coconut yoghurt with harissa paste. Season with **salt**. Set aside.



### 3. COOK THE KALE

Slice kale leaves (see notes). Add to a frypan over medium-high heat with **olive oil**, **1 crushed garlic clove** and **2 tsp cumin seeds**. Cook for 5 minutes. Take off heat and season with **salt and pepper** to taste.



### 4. PREPARE THE SALAD

Whisk together lemon zest and juice with **3 tbsp olive oil** in a large bowl. Halve tomatoes. Deseed and slice cucumbers. Drain and slice peppers. Add to bowl.



### 5. TOSS THE LENTILS

Toss cooked lentils and kale into salad until well combined. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Serve lentils at the table. Drizzle dressing over to taste. Chop almonds to taste and sprinkle on top of lentils.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

