



### 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.

### 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.*



25 minutes



2 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	37g	40g

## FROM YOUR BOX

PUY LENTILS	100g
COCONUT YOGHURT	120ml
HARISSA PASTE SACHET	1
KALE LEAVES	3
GARLIC CLOVE	1
LEMON	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
PIQUILLO PEPPERS	1 jar
ALMONDS	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds

## KEY UTENSILS

frypan, saucepan

## NOTES

If you prefer less spice, start with 1/2 of the harissa paste sachet in the dressing. Add more to taste.

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



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### 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** (see notes). 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 **1 tsp cumin seeds**. Cook for 5 minutes. Take off heat and season with **salt and pepper** to taste.



### 4. PREPARE THE SALAD

Whisk together zest and juice from 1/2 lemon (wedge remaining) with **2 tbsp olive oil** in a large bowl. Halve **tomatoes**. Deseed and slice **cucumber**. 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. Serve with lemon wedges.

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