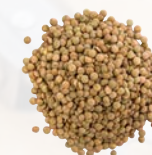


**Product Spotlight:  
Lentils**

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

Brown 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



4/6 servings



Plant-Based

## 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>
	21g	24g	37g

## FROM YOUR BOX

	4 PERSON	6 PERSON
COCONUT YOGHURT	200ml	2 x 200ml
HARISSA PASTE	1 sachet	2 sachets
KALE	1 bunch	1 bunch
GARLIC CLOVE	1	1
LEMON	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
LEBANESE CUCUMBERS	2	3
PIQUILLO PEPPERS	1 jar	2 jars
TINNED BROWN LENTILS	2 x 400g	2 x 400g
ALMONDS	100g	100g + 40g

## FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds

## KEY UTENSILS

frypan

## NOTES

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. PREPARE THE DRESSING

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



### 2. COOK THE KALE

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



### 3. 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.

**6P** – Whisk together **lemon zest and juice** with **4-5 tbsp olive oil**.



### 4. TOSS THE LENTILS

Drain, rinse and toss **brown lentils** with **kale** and salad until well combined. Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Serve **lentil salad** at the table. Drizzle **dressing** over to taste. Chop **almonds** to taste and sprinkle on top.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

