

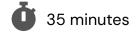


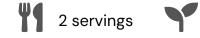


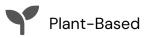
Almond Lentil Health Bowl

with Lemon Dressing

This health bowl is fresh, crunchy, and packed with good-for-you ingredients, featuring vibrant silverbeet, toasted almonds, artichokes, and olives in a garlicky lemon dressing.







Stretch this dish!

You can add some roasted cauliflower or sweet potato, avocado, a plant-based cheese or some diced feta to this salad!

TOTAL FAT CARBOHYDRATES

28g

66g

FROM YOUR BOX

BELUGA LENTILS	100g
SPRING ONIONS	1 bunch
LEMON	1
NATURAL ALMONDS	60g
GARLIC CLOVE	1
SILVERBEET	1 bunch
LEBANESE CUCUMBER	1
SICILIAN OLIVES	1 jar
TINNED ARTICHOKES	400g

FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds, chilli flakes (optional)

KEY UTENSILS

saucepan, frypan

NOTES

Take care when peeling the lemon so not include the white, bitter membrane. If you prefer you can zest the lemon and add at step 3 instead.

You can submerge silverbeet in a large bowl of water to help remove any sand or dirt. Remove any thick white stems. Use silverbeet to taste. Crush olives by squeezing them in your hands.

Add 1/2-1 tsp sugar or maple syrup if the dressing needs to be balanced (it depends on the flavour of the lemon).



Scan the QR code to submit a Google review!



1. BOIL THE LENTILS

Bring a saucepan of water to a boil. Add **lentils** and simmer over medium heat for 12-14 minutes until tender. Drain and rinse.



2. COOK THE SPRING ONIONS

Meanwhile, slice white part of the **spring onions** (reserve remaining) and peel 1/3 **lemon** using a vegetable peeler (see notes). Add to a small pan with **1/3 cup olive oil**. Cook over medium heat for 3 minutes. Take off heat.



3. MAKE THE DRESSING

Roughly chop **almonds** and crush **garlic**. Add to pan along with **1-2 tsp cumin seeds**, and **1/4 tsp chilli flakes** (optional). Return to medium heat and cook, stirring, for further 3–4 minutes. Take off heat and squeeze in juice from 1/2 lemon (wedge remaining).



4. PREPARE THE INGREDIENTS

Rinse, trim and chop **silverbeet** (see notes), **cucumber** and reserved green tops of the **spring onions**. Halve and gently crush **olives**. Add to a large bowl.



5. TOSS THE SALAD

Add the lentils and drained **artichokes**. Discard the lemon peel and gently toss the salad with dressing. Adjust seasoning with **salt and pepper** to taste (see notes).



6. FINISH AND SERVE

Serve salad in shallow bowls at the table with lemon wedges.

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



