



### Product Spotlight: Almonds

Despite being referred to as nuts, almonds are actually seeds of the fruit of the almond tree! They are great for adding flavour, texture and nutrition to dishes!



## 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.



35 minutes



2 servings



Plant-Based

## Stretch this dish!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	33g	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).



### 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.



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