



**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



4 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
	18g	29g	40g

FROM YOUR BOX

BELUGA LENTILS	100g
SPRING ONIONS	1 bunch
LEMON	1
NATURAL ALMONDS	130g
GARLIC CLOVES	2
SILVERBEET	1 bunch
LEBANESE CUCUMBERS	2
SICILIAN OLIVES	1 tub
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. 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).



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1. BOIL THE LENTILS

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



2. COOK SPRING ONIONS

Meanwhile, slice white part of the **spring onions** (reserve remaining) and peel 1/2 **lemon** using a vegetable peeler (see notes). Add to a small pan with 1/2 **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 2-3 **tsp cumin seeds**, and 1/2 **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

Trim and chop **silverbeet** (see notes), **cucumbers** 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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