




### Product Spotlight: Dried Figs


The early Olympic athletes used figs as fuel to help them train. Figs were also presented as laurels to the winning athletes becoming the first Olympic 'medal'.



## 2 Lentil Loaf with Green Bean and Fig Salad

Home made lentil and mushroom loaves, served with roasted dutch carrots, green bean and fig salad and tomato relish.

 40 minutes

 2 servings

 Plant-Based

24 December 2021

## Speed it up!

*If you want to speed up this dish you can skip making the lentil loaf. Sauté the mushrooms, lentils and dried sage in a frypan and eat as is.*

Per serve: **PROTEIN** 23g **TOTAL FAT** 27g **CARBOHYDRATES** 84g

## FROM YOUR BOX

MUSHROOMS	1 bag (150g)
TINNED LENTILS	400g
TOMATO RELISH/CHUTNEY	1 jar
DUTCH CARROTS	1 bunch
GREEN BEANS	1 bag (150g)
DRIED FIG+SUNFLOWER SEEDS	1 packet (50g)
MINT	1 bunch

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried sage, vinegar of choice, soy sauce (or tamari), flour of choice (see notes)

## KEY UTENSILS

frypan, oven tray

## NOTES

We used corn flour but plain flour, chickpea flour, or buckwheat flour would all work well.

You can use a food processor to chop the mushrooms if you wish.

Use any leftover tomato relish/chutney as a base for a salsa, spread on toasted sandwiches, on a snack platter or as a pasta sauce.



### 1. COOK THE MUSHROOMS

Set oven to 220°C.

Heat a frypan over medium-high heat with **oil**. Finely chop mushrooms (see notes) and add to pan as you go along with **2 tsp dried sage**. Cook, stirring, for 4-6 minutes until browned and moisture has cooked out. Remove to a bowl, reserve frypan.



### 4. BLANCH GREEN BEANS

Add **1 cup water** to frypan and bring to the boil. Trim and halve green beans. Add to boiling water and blanch for 1-2 minutes. Drain and rinse with cold water.



### 2. MAKE THE LENTIL LOAFS

Drain and rinse lentils. Add to mushroom bowl along with **2 tbsp tomato relish**, **2 tsp soy sauce**, **1/4 cup flour** and **pepper**. Use a potato masher or fork to gently mash lentils then stir to combine. Form into mini loaves on one side of a lined oven tray and glaze with 1 tsp relish.



### 5. MAKE THE SALAD

In a large bowl whisk together **2 tbsp olive oil**, **1 tbsp vinegar**, **salt** and **pepper**. Roughly chop dried figs and seeds along with mint leaves. Add to dressing bowl along with blanched green beans. Toss until well combined.



### 3. ROAST THE CARROTS

Trim dutch carrots. Toss on lined oven tray with **oil**, **1 tsp dried sage**, **salt** and **pepper**. Roast with lentil loaves for 20-25 minutes until tender.



### 6. FINISH AND SERVE

Divide lentil loaves among plates along with roasted carrots and salad. Serve with remaining tomato relish.

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