



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Beetroot


Beets contain tryptophan (also found in chocolate), which contributes to a sense of well being.



## 3 Rainbow Puy Lentil Salad

A fresh salad of puy lentils and rainbow vegetables, served with pumpkin bites, almonds and coconut yoghurt.

 30 minutes

 4 servings

 Plant-Based

22 October 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	34g	42g

## FROM YOUR BOX

PUY LENTILS	1 packet (200g)
CHIVES	1/2 bunch *
COCONUT YOGHURT	1/2 tub (150g) *
ALMONDS	1 packet (40g)
PUMPKIN BITES	1 packet (250g)
SNOW PEA SPROUTS	1/2 punnet *
MINT	1/2 bunch *
TINNED BEETROOTS	450g
AVOCADO	1
BABY SPINACH	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds, white wine vinegar

## KEY UTENSILS

frypan, saucepan

## NOTES

These bites don't take long to heat. Be sure not to leave them in the pan too long or they can dry out.



### 1. COOK THE LENTILS

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



### 2. MAKE THE DRESSING

Chop chives. Add to a large bowl along with **1/4 cup olive oil, 3 tbsp vinegar, salt and pepper**. Stir to combine.



### 3. MIX COCONUT YOGHURT

Heat a frypan over medium–high heat. Dry toast **1 tsp cumin seeds** for 2–3 minutes or until fragrant. Remove to a bowl and reserve pan for for step 4. Add coconut yoghurt to bowl along with **1 tbsp vinegar, salt and pepper**. Mix to combine.



### 4. TOAST THE ALMONDS

Reheat frypan over medium–high heat. Roughly chop almonds. Add to pan along with pumpkin bites (see notes). Cook for 5–7 minutes, until the almonds are toasted.



### 5. TOSS THE LENTILS

Roughly chop snow pea sprouts and mint leaves. Drain and chop beetroot. Dice avocado. Add to bowl with dressing, along with lentils and baby spinach. Toss until well coated.



### 6. FINISH AND SERVE

Divide lentil salad among shallow bowls. Top with pumpkin bites and sprinkle over almonds. Spoon on coconut yoghurt.

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