



Product Spotlight: Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



Harissa Dressed Lentils

with Roast Peppers and Almonds

Brown lentils with lemon, garlic and cumin, tossed with sautéed kale, fresh cucumber and tomato. All finished with creamy coconut yoghurt, harissa dressing and chopped almonds.

Warm it up!

For a warmer dish, cook the tomatoes in the pan with the kale. Add the cooked lentils to warm them up before tossing them with the salad.



25 minutes



2 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	24g	36g

FROM YOUR BOX

COCONUT YOGHURT	120ml
HARISSA PASTE SACHET	1
KALE LEAVES	3
GARLIC CLOVE	1
LEMON	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
PIQUILLO PEPPERS	1 jar
TINNED BROWN LENTILS	400g
ALMONDS	40g

FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds

KEY UTENSILS

frypan

NOTES

If you prefer less spice, start with 1/2 of the harissa paste sachet in the dressing. Add more to taste.

Remove the stems before slicing the kale leaves. You can blanch the stems and transform them into a pesto by processing them with any leftover almonds, lemon and nutritional yeast.



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2. PREPARE THE DRESSING

Combine **coconut yoghurt** with **harissa paste** (see notes). Season with **salt**. Set aside.



3. COOK THE KALE

Slice **kale leaves** (see notes). Add to a frypan over medium-high heat with **olive oil**, **crushed garlic clove** and **1 tsp cumin seeds**. Cook for 5 minutes. Take off heat and season with **salt and pepper** to taste.



3. PREPARE THE SALAD

Whisk together **zest and juice from 1/2 lemon** (wedge remaining) with **2 tbsp olive oil** in a large bowl. Halve **tomatoes**. Deseed and slice **cucumber**. Drain and slice **peppers**. Add to bowl.



4. TOSS THE LENTILS

Drain, rinse and toss **brown lentils** with **kale** and **salad** until well combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve **lentil salad** at the table. Drizzle **dressing** over to taste. Chop **almonds** to taste and sprinkle on top. Serve with **lemon wedges**.

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