



Puy Lentils with Honey Roasted Carrot, Massaged Kale & Crumbled Feta

A dish designed to be seriously tasty, but also supercharged with nutrients. This dish is high in fibre, vitamin C, E, and A, calcium, iron, protein, and B vitamins, not to mention the vast range of antioxidants coming from every ingredient involved. A great dish to keep your vitamin levels topped up when you're feeling run down!

Ingredients

- Puy lentils
- Vegetable Stock Cube
- Carrot
- Feta Cheese
- Kale
- Garlic
- Cumin
- Honey
- Dried Cranberries
- Sunflower Seeds

Your Pantry

- Olive Oil

Nutritional Info

Calories: 412 kcal
 Carbohydrates: 55.4 g
 Protein: 19.1g
 Fat: 13.5 g

Allergens

Milk (Feta)
Celery (Stock Cube)
Cranberries (Sulfur Dioxide)
Stock Cube may contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 180° C fan and boil a kettle of water for the lentils.

2) Prepare the vegetables

Massage your kale while washing it, this will help to make it less tough later on. Remove the stalks from the kale and discard. Chop the leaves. Crush the first clove of garlic, and slice the second into 4 pieces (the crushed garlic is used in step 5 while the sliced garlic is used in step 3). Peel and chop the carrot into sticks.

3) Roast the carrots

Add the carrots and the sliced garlic to the baking tray and drizzle with olive oil, honey, cumin, and a good pinch of salt. Mix all of the ingredients and place them in the oven for 25 minutes.

Meanwhile...

4) Cook the lentils

Add the lentils to a saucepan of boiling water with the stock cube and simmer for 20 minutes. Drain and set aside.

5) Cook the kale

To a frying pan, add a teaspoon per person of oil and place on low heat. Gently fry the crushed garlic for 1 minute. Add the kale and increase heat to medium. Gently fry until the green colour deepens and the kale shrinks and wilts slightly. Add the lentils to the kale and season with salt and pepper.

6) Plate the lentil-kale mix

Lay the carrots on top of your lentil mix. Drizzle with a little olive oil. Crumble over the feta, along with the cranberries and pumpkin seeds.

Serving Suggestion: A crusty bread roll would accompany this dish beautifully



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