



Everything But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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## Lentil Salad with Roasted Carrots

If you have previously avoided lentils, don't be so quick to dismiss this dish. We've paired them with bold cumin, juicy roasted carrots and creamy goat curd to make an incredibly tasty and nutritiously sound supper. It's the perfect bowl of goodness - there is a sweet and salty hit in every mouthful, plus a satisfying crunch...

**Prep:** 10 mins  
**Cook:** 25 mins  
**Total:** 35 mins  
 level 1  
**gluten free**  
 low kJ

**Pantry Items:** Olive Oil



Carrot



Red Onion



Cumin



Lentils



Lemon



Parsley



Mixed Salad Leaves



Almonds



Fresh Goat Curd

2P	4P	Ingredients
2	4	carrots, peeled & cut into batons
1 tbs	2 tbs	olive oil *
½	1	red onion, finely sliced <span style="float: right;">A ⊕</span>
½ tsp	1 tsp	cumin
1 tin	2 tins	lentils, drained & rinsed
½	1	lemon, juiced <span style="float: right;">⊕</span>
1 bunch	2 bunches	parsley, finely chopped
1 bag	2 bags	mixed salad leaves, washed
¼ cup	½ cup	almonds
1 tub	2 tubs	fresh goat curd

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1640	Kj
Protein	16.3	g
Fat, total	23.6	g
-saturated	6.7	g
Carbohydrate	22.5	g
-sugars	11.2	g
Sodium	96	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chopping board, chef's knife, vegetable peeler, sieve, oven tray lined with baking paper, medium frying pan, and a medium bowl.*

- 1 Preheat the oven to **200°C/180°C fan-forced**.
- 2 Toss the **carrots** in half of the **olive oil** and place in a single layer on the lined oven tray. Season with **salt** and **pepper**. Cook in the oven for **25 minutes** or until the carrots are tender and golden.
- 3 Meanwhile, heat the remaining oil in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until the onion is soft. Add the **cumin** and cook, stirring, for **1 minute** or until fragrant. Add the **lentils** and cook for **1-2 minutes**, stirring, or until heated through. Add the **lemon juice** and then remove from the heat and transfer to a medium bowl.
- 4 Add the carrots, **parsley**, **mixed salad leaves** and **almonds** to the lentil mixture and toss to combine well. Season to taste with salt and pepper.
- 5 Divide the carrot and lentil salad between plates. Dot with the **fresh goat curd** to serve.



**Did you know?** Lentils are a source of soluble fibre - a powerful substance that has been shown to lower LDL, or 'bad' cholesterol and maintain blood sugar levels.