



French-Inspired Lentil Salad

with Herby Goat Cheese and Walnuts


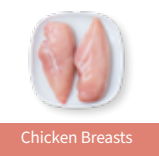











Veggie 30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set. Happy cooking!

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-  Lentils
-  Chicken Breasts
-  Goat Cheese
-  Ciabatta Roll
-  Arugula and Spinach Mix
-  Shallot
-  Mini Cucumber
-  Parsley
-  Lemon
-  Whole Grain Mustard
-  Honey
-  Walnuts, chopped
-  Garlic Salt

HELLO WALNUTS
These tree nuts have a mild, earthy flavour!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, shallow dish, strainer, zester, large bowl, small pot, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Lentils | 1 | 2 |
| Chicken Breasts | 2 | 4 |
| Goat Cheese | 113 g | 226 g |
| Ciabatta Roll | 1 | 2 |
| Arugula and Spinach Mix | 56 g | 113 g |
| Shallot | 1 | 2 |
| Mini Cucumber | 1 | 2 |
| Parsley | 7 g | 14 g |
| Lemon | 1 | 2 |
| Whole Grain Mustard | 1 tbsp | 2 tbsp |
| Honey | 1 tbsp | 2 tbsp |
| Walnuts, chopped | 28 g | 56 g |
| Garlic Salt | 1 tsp | 2 tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Pickle shallots

- Peel, then thinly slice **shallot**.
- Zest, then juice **lemon**.
- Add **shallots, lemon juice, honey** and **1 tbsp** (2 tbsp) **water** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **salt** dissolves, 1-2 min.
- Remove from heat. Transfer **shallots**, including **pickling liquid**, to a large bowl.

4



Toast croutons

- Reheat the same pan over medium.
- When hot, add **1 tbsp oil**, then **ciabatta**. (**NOTE:** Don't overcrowd the pan; cook croutons in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Season with **remaining garlic salt and pepper**. Cook, stirring occasionally, until golden-brown on all sides, 3-5 min.
- Transfer **croutons** to the plate with **walnuts**.

2



Prep and marinate lentils

- Meanwhile, finely chop **parsley**.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Cut **ciabatta** into ½-inch pieces.
- Using a strainer, drain and rinse **lentils**.
- Add **mustard, half the garlic salt** and **1 tbsp** (2 tbsp) **oil** to the bowl with **shallots** and **pickling liquid**. Season with **pepper**, then stir to combine.
- Add **lentils** and **cucumbers**, then toss to combine.

5



Coat goat cheese

- Meanwhile, add **parsley** and **lemon zest** to a shallow dish. Season with **pepper**, then stir to combine.
- Roll **goat cheese** into **8 equal-sized balls** (16 balls for 4 ppl).
- Roll **each goat cheese ball** in **parsley mixture** to coat completely.

3



Toast walnuts

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer to a plate.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. When **walnuts** are done, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer **chicken** to another plate, then cover loosely with foil and set aside to rest, 2-3 min.

6



Finish and serve

- Add **croutons** and **arugula and spinach mix** to the bowl with **marinated lentils**. Season with **salt** and **pepper**, to taste, then toss to combine.
- Divide **salad** between plates. Top with **herby goat cheese** and **toasted walnuts**.

Thinly slice **chicken**. Top plated **salad** with **chicken**.

Dinner Solved!