COOKING PASSION SINCE 1877

Beluga Lentil Salad With Glazed Carrots

DIFFICULTY: EASY

PREPARATION TIME: 30 MINS

COOKING TIME: 30 MINS

SERVES: 4

Ingredients

FOR THE CARROTS:
1 bunch carrots with greens (approx. 500 g)
3 tbsp olive oil
2 tbsp maple syrup
2 tbsp white balsamic vinegar
salt
freshly ground black pepper

FOR THE LENTIL SALAD:
280 g Beluga lentils
840 ml vegetable stock
40 g flaked almonds
1 bunch coriander
1 bunch parsley
2 sprigs of mint
2 tsp Zatar spice mix
5 tbsp olive oil
4 tbsp white balsamic vinegar
Juice and zest of ½ organic lemon
2 tsp maple syrup
150 g feta cheese

FOR THE YOGHURT SAUCE:
300 g Greek yoghurt
1 tsp white balsamic vinegar
1 pinch lemon zest
1 clove of garlic
salt
freshly ground black pepper

Method

Step 1 – Prepare carrots

Preheat the oven to 190 °C CircoTherm® hot air.

Peel the carrots, leaving some green. Whisk together the oil, maple syrup, and balsamic vinegar. Season with salt and pepper and use to marinate the carrots.

Spread carrots on a baking sheet. Bake for 20 minutes with “steam addition medium”. Bake without adding steam for another 15-20 minutes until the carrots are done. Keep turning every now and then.

Step 2 – Cook Beluga lentils

For the salad, rinse the lentils in a colander and drain. Place in a saucepan with the vegetable broth, bring to the boil briefly and then cover and simmer over low heat for about 20 minutes. Check the consistency in between. Pour off the remaining broth and let the lentils cool.

Step 3 – Prepare dressing

Roast the flaked almonds in a pan until golden brown, set aside. Wash the coriander, parsley and mint, shake dry and chop finely.

Mix the zatar spice mixture, oil, balsamic vinegar, lemon juice and zest and maple syrup in a bowl to form a dressing. Pour over the lentils and mix well.

Step 4 – Make the sauce and arrange the lentil salad

For the sauce, mix the yoghurt, balsamic vinegar and lemon zest in a bowl. Peel the garlic and press into the sauce. Mix together, season with salt and pepper and set aside.

Arrange the lentil salad on a large platter or plate. Top with the carrots and drizzle generously with the yoghurt sauce. Finally, crumble the feta with your fingers and spread on the salad.

Notes

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