



U C O O K

— COOKING MADE EASY

Mediterranean Puy Lentil Salad

with a sun-dried tomato, fresh mint & ricotta topping

Originating in France, puy lentils are loved for their unique peppery flavour. Here, they're tossed with baby spinach, blistered tomatoes, Kalamata olives, and a tangy raspberry dressing. Topped with pecans and creamy dollops of ricotta infused with sun-dried tomatoes and mint.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

200ml	Puy Lentils <i>rinsed</i>
10ml	NOMU Spanish Rub
30g	Pecan Nuts
100g	Ricotta Cheese
80g	Sun-Dried Tomatoes <i>drained & roughly chopped (reserving the oil)</i>
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
300g	Baby Tomato Medley <i>rinsed & halved</i>
80g	Baby Spinach <i>rinsed</i>
50g	Pitted Kalamata Olives <i>drained & halved</i>
45ml	Raspberry Dressing <i>(30ml Raspberry Vinegar & 15ml Honey)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. SPICE UP YOUR PUY LENTILS Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, fry the rinsed lentils and the Spanish Rub (to taste) for 30 seconds until fragrant, shifting constantly. Pour in 800ml of boiling water and bring to a simmer. Cook uncovered for 30-35 minutes until al dente, stirring occasionally. If it starts to dry out, add a little more water to continue the cooking process.

2. TOAST THE PECAN NUTS Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. RICOTTA INFUSIONS Place the ricotta in a bowl with three-quarters of the chopped sun-dried tomatoes as well as the reserved oil. Add three-quarters of the chopped mint and mix well to combine. Season to taste and set aside to infuse until serving.

4. A MIX OF MEDITERRANEAN FLAVOURS When the lentils have about 10 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. When hot, fry the halved baby tomatoes for 5-7 minutes until softened, shifting occasionally. During the final minute, toss through the rinsed baby spinach until slightly wilted. Season to taste and place in a salad bowl. Add in the cooked lentils and halved olives. Toss together with the raspberry dressing (to taste) until coated.

5. SUPPERTIME! Serve up a generous portion of luxurious lentil salad and dollop over the infused ricotta. Top with the remaining sun-dried tomatoes, sprinkle over the remaining chopped mint, and finish off with flecks of chopped, toasted pecans. Dig in, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	638kJ
Energy	152Kcal
Protein	8.5g
Carbs	17g
of which sugars	4.5g
Fibre	4.4g
Fat	6.2g
of which saturated	1.4g
Sodium	170mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days