



Citrus Lentil Salad

with Almonds and Apricot Vinaigrette

Veggie

Quick

25 Minutes



Lentils



Dal Spice Blend



Navel Orange



Arugula and Spinach Mix



Almonds, sliced



Apricot Spread



Lemon



Sweet Bell Pepper



Shallot



Ginger



Garlic, cloves



Cilantro

HELLO DAL SPICE

A golden blend of aromatic and zesty spices!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, zester, large bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Lentils	370 ml	740 ml
Dal Spice Blend	1 tbsp	2 tbsp
Navel Orange	1	2
Arugula and Spinach Mix	113 g	227 g
Almonds, sliced	28 g	28 g
Apricot Spread	2 tbsp	4 tbsp
Lemon	1	2
Sweet Bell Pepper	160 g	320 g
Shallot	50 g	100 g
Ginger	15 g	30 g
Garlic, cloves	1	2
Cilantro	7 g	7 g
Oil*		
Salt and Pepper*		

* Pantry items

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.

Contact

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Prep

Using a strainer, drain and rinse **lentils**. Peel, then mince or grate **garlic**. Roughly chop **cilantro**. Peel, then mince or grate **half the ginger** (use all for 4 ppl). Peel, then finely chop **shallot**. Core, then cut **pepper** into ¼-inch slices. Zest, then juice **lemon**. Zest **orange**. Cut a ¼-inch piece off the top and bottom ends of **orange**. Place one flat end on a cutting board, then cut the peel away from top to bottom, turning **orange** as you go. When peeled completely, place **orange** on its side and cut into ¼-inch rounds.



Cook lentils

Heat the same pan (from step 2) over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **garlic** and **remaining shallots**. Cook, stirring occasionally, until fragrant, 1 min. Add **lentils**. Sprinkle **Dal Spice Blend** over top. Cook, stirring occasionally, until **lentils** are warmed through and **spices** are fragrant, 1-2 min. Season with **salt** and **pepper**, to taste. Remove the pan from heat. Add **remaining lemon zest**, **remaining orange zest** and **half the vinaigrette**, then stir to combine.



Toast almonds

Heat a large non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **almonds** to a plate.



Toss salad

Add **cilantro**, **arugula and spinach mix** and **peppers** to the large bowl with **remaining vinaigrette**. Toss to combine.



Make vinaigrette

While **almonds** toast, whisk together **apricot spread**, **ginger**, a **quarter of the shallots**, **half the lemon zest**, **half the orange zest**, **lemon juice**, any **orange juice** from the cutting board and **3 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**, to taste.



Finish and serve

Arrange **orange rounds** along plate edges. Divide **salad** between plates, then top with **lentils**. Sprinkle with **almonds**.

Dinner Solved!