



Lentil Citrus Salad

with Almonds and Apricot Vinaigrette

Veggie Spicy 25 Minutes



Lentils, canned



Dal Spice Blend



Navel Orange



Spring Mix



Almonds, sliced



Basil



Apricot Spread



Lemon



Sweet Bell Pepper



Red Onion



Ginger

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, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Lentils, canned	398 ml	796 ml
Dal Spice Blend 🍷	1 tbsp	2 tbsp
Navel Orange	1	2
Spring Mix	113 g	227 g
Almonds, sliced	28 g	56 g
Basil	7 g	14 g
Apricot Spread	2 tbsp	4 tbsp
Lemon	1	2
Sweet Bell Pepper	160 g	320 g
Red Onion	56 g	113 g
Ginger	15 g	15 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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 Prep

Drain and rinse **lentils** in a strainer. Peel, then mince or grate **half the ginger**. Peel then cut **half the onion** into ¼-inch pieces (use whole onion for 4 ppl). Core, then cut **pepper** into ¼-inch slices. Zest, then juice **lemon**. Zest **orange**. Cut a piece off the top and bottom ends of **orange**. Place a flat end of **orange** on a cutting board, then cut the peel away from top to bottom, turning **orange** as you go. Place **orange** on its side and cut into ¼-inch rounds.



4 Cook onions and lentils

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



2 Toast almonds

Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan. Toast, stirring, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



5 Toss salad

Add **spring mix** and **peppers** to a large bowl. Drizzle **half the vinaigrette** over top, then toss to combine.



3 Make vinaigrette

While **almonds** toast, whisk together **half the lemon zest**, **half the orange zest**, **apricot spread**, **½ tsp ginger**, **2 tbsp lemon juice** and **3 tbsp oil** (dbl all for 4 ppl) in a small bowl. Season with **salt**.



6 Finish and serve

Arrange **orange rounds** along the edges of plates. Drizzle with **some vinaigrette**. Divide **salad** between plates, then top with **lentils**. Drizzle with **remaining vinaigrette**. Roughly tear **basil** over top. Sprinkle with **almonds**.

Dinner Solved!