



# Smoky Lentil Salad

with Za'atar-Spiced Crisps and Zesty Garlic Sauce

Veggie

Quick

25 Minutes



Lentils



Paprika-Cumin-Garlic Blend



Sweet Bell Pepper



Parsley



Baby Spinach



Plant-Based Mayonnaise



Garlic Puree



Lemon



Pita Bread



Za'atar Spice



Baby Tomatoes



Mini Cucumber

HELLO PLANT-BASED MAYONNAISE

*This mayo alternative is a great option for egg-free cooking!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust out

Baking sheet, measuring spoons, strainer, zester, 2 large bowls, small pot, small bowl, whisk

## Ingredients

	2 Person	4 Person
Lentils	370 ml	740 ml
Paprika-Cumin-Garlic Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Baby Spinach	56 g	113 g
Plant-Based Mayonnaise	2 tbsp	4 tbsp
Garlic Puree	1 tbsp	2 tbsp
Lemon	1	2
Pita Bread	2	4
Za'atar Spice	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Mini Cucumber	66 g	132 g
Sugar*	1 tsp	2 tsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Prep and make spice oil

- Using a strainer, drain and rinse **lentils**. Set aside and drain well.
- Zest, then juice **lemon**.
- Heat a small pot over medium heat.
- While the pot heats, add **2 tsp garlic puree** (dbl for 4 ppl) to a large heat-proof bowl.
- When hot, add **2 tbsp oil** (dbl for 4 ppl), then **Paprika-Cumin-Garlic Blend**. Cook, whisking often, until fragrant, 30 sec-1 min. (**TIP**: Keep an eye on spice oil so that it doesn't burn. Burnt spices will taste bitter!)



## Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **cucumber** into ¼-inch rounds.
- Roughly chop **parsley**.
- Halve **tomatoes**.



## Marinate lentils

- Carefully transfer **spice oil** to the large bowl with **garlic puree**. (**TIP**: Be careful, mixture will sizzle!)
- Whisk until slightly cooled, 30 sec.
- Add **1 tsp sugar** and **1 tbsp lemon juice** (dbl both for 4 ppl), then whisk to combine.
- Add **lentils**. Season with **salt** and **pepper**, to taste, then toss to coat. Set aside to marinate.



## Make garlic sauce

- Add **lemon zest**, **half the mayo** (use all for 4 ppl), **½ tsp lemon juice**, **1 tbsp water**, **a pinch of sugar** (dbl all for 4 ppl) and **1 tsp garlic puree** to a small bowl. (**NOTE**: Reference garlic guide.)
- Season with **salt**, to taste, then stir to combine.



## Make za'atar-spiced crisps

- Stack **pitas**, then cut into 1-inch pieces.
- Add **pitas** to another large bowl. Drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Season with **Za'atar Spice**, **salt** and **pepper**, then toss to coat.
- Arrange **pitas** in a single layer on an unlined baking sheet.
- Bake in the **middle** of the oven, flipping halfway through, until **pitas** are crisp and golden-brown, 10-12 min.



## Finish salad and serve

- Add **spinach**, **tomatoes**, **peppers**, **cucumbers** and **parsley** to the bowl with **lentils**. Season with **salt** and **pepper**, to taste, then toss to combine.
- Add **three-quarters of the za'atar-spiced crisps**, then toss until just combined.
- Divide **salad** between plates. Top with **remaining za'atar-spiced crisps**.
- Drizzle **garlic sauce** over top.

Dinner Solved!