



Lentil, Fennel & Arugula Salad

with Goat Cheese & Frizzled Onions



30-40min



2 Servings

We're fans of simple techniques to spruce up ingredients, like marinating goat cheese in olive oil, crushed red pepper, salt, and black pepper. But we didn't stop there. This salad gets great flavor and texture from deeply golden onions and toasted pepitas. Allowing the fennel to sit in the dressing while you prep the rest makes it tender. Cook, relax, and enjoy!

What we send

- cloves garlic
- lentils du puy
- lemon
- crushed red pepper flakes
- Dijon ¹⁷
- fennel
- red onion
- pepitas
- large leaf arugula

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 480kcal, Fat 34g, Carbs 20g, Proteins 18g



1. Cook lentils

Peel and thinly slice garlic. Heat 1 tablespoon oil in a medium pot over medium-high. Add garlic and cook, stirring until fragrant, 1 minute. Add lentils, season with salt, and add 1½ cups water. Bring to a boil, reduce heat to simmer, cover, and cook until lentils are tender, 25–30 minutes. Drain if necessary.



4. Brown onions

Halve, peel, and thinly slice onion. Heat 1 tablespoon oil in a large skillet over medium-high to high. Add onion, season with salt, and cook, tossing occasionally, until soft and nearly burnt in spots, about 5 minutes.



2. Marinate goat cheese

Meanwhile, preheat oven to 425°F. Zest lemon into a medium bowl. Add 2 tablespoons oil, crushed red pepper, a pinch salt, and several grinds pepper. Break or slice goat cheese and add to oil, tossing gently to coat.



5. Toast pepitas

Spread pepitas on a rimmed baking sheet and toast in the oven until golden and fragrant, 6–8 minutes. Transfer to a small bowl and toss with a little oil and season with salt and pepper.



3. Dress fennel

Halve lemon and squeeze into a medium bowl. Whisk in Dijon mustard and season with salt and pepper. Remove any damaged outer layers of fennel. Thinly slice fennel, add to dressing, and toss to coat. Roughly chop fronds and set aside.



6. Assemble & serve

Trim larger ends from arugula and arrange on a platter. Top with onions, fennel, lentils, goat cheese, toasted pepitas, and fennel fronds. Drizzle with a little more oil and season with salt and pepper. Enjoy!