



Warm Bacon & Lentil Salad

with Roasted Carrots & Crumbled Feta



30-40min



2 Servings

Warm salads are the best of both worlds—fresh veggies and tangy vinaigrette but with a warming, hearty twist. Here we combine protein-packed French green lentils with fresh parsley, roasted carrots and shallots, walnuts, crumbled feta, and crisp, smoky bacon. The deliciousness doesn't stop there! A fried egg on top just before serving turns this into a dinner-worthy salad with a rich yolky sauce.

What we send

- 3 oz French green lentils
- garlic
- 1 pkt Dijon mustard ³
- 1 red onion
- 2 carrots
- 4 oz pkg thick-cut bacon
- 1 oz walnuts ⁴
- ¼ oz fresh parsley
- 2 oz feta ²

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)
- 2 large eggs ¹

Tools

- medium pot
- rimmed baking sheet
- medium nonstick skillet

Allergens

Egg (1), Milk (2), Sulphites (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 63g, Carbs 45g, Protein 47g



1. Cook lentils

Preheat oven to 425°F with a rack in the lower third.

Transfer **lentils** and **1 large garlic clove** to a medium pot. Add enough water to cover by 2 inches; season with **1 teaspoon salt**. Cover and bring to boil. Uncover and cook over medium heat until lentils are tender, 16-17 minutes. Drain well and discard garlic clove.



4. Cook bacon

Heat a medium nonstick skillet over medium-high. Add **bacon** and cook, turning occasionally, until golden brown and crisp, about 7 minutes. Use tongs to transfer bacon to a paper towel-lined plate to cool, then break up into large pieces. Pour off **all but 2 tablespoons bacon fat** from skillet; reserve skillet and fat for step 6.



2. Season lentils

Finely chop **1 teaspoon garlic**. In a medium bowl, stir to combine **chopped garlic, Dijon mustard, 2 tablespoons oil, 2 teaspoons vinegar**, and **1 teaspoon water**. Season to taste with **salt and pepper**.

Add **drained lentils** and stir to combine.



5. Finish lentil salad

Coarsely chop **parsley leaves and stems**.

Add parsley, **bacon, roasted carrots, onions, and walnuts** to bowl with **lentils**.

Crumble **feta** over top; stir to combine.



3. Roast onions & carrots

Cut **half of the onion** into ¼-inch thick rounds (save rest for own use). Scrub **carrots**; cut into ¼-inch thick slices on an angle. Toss veggies on a baking sheet with **1 tablespoon oil**; season with **salt and pepper**. Roast on lower rack until tender and lightly brown, 15 minutes. Add **walnuts** to baking sheet. Roast until walnuts are lightly toasted, 4-5 minutes (watch closely).



6. Fry eggs & serve

Heat reserved skillet with **bacon fat** over medium-high. Crack in **2 large eggs** and season with **salt and pepper**. Cook until edges are light brown and whites are just set, about 1 minute. Cover and cook, 1-2 minutes more (edges should be very crispy and yolks still runny). Serve **lentil salad** with a **fried egg** on top. Enjoy!