



## French Green Lentil Salad

with Bitter Greens & Tarragon Vinaigrette

 30-40min  2 Servings

We firmly believe salads should never be boring, and this dinner is proof. French green lentils have a hearty texture and a deep nutty flavor. It's the perfect protein-packed legume to top roasted radicchio, tender baby spinach, and sliced radishes. A fresh tarragon-Dijon vinaigrette adds a slight sweetness and acidity, and a lemon sour cream sauce provides a creamy finishing touch. No boring bites here!

## What we send

- 6 oz French green lentils
- ½ lb radicchio
- 1 oz walnuts <sup>15</sup>
- 2 oz red radishes
- 1 oz scallions
- ¼ oz fresh tarragon
- 1 lemon
- 1 pkt Dijon mustard <sup>17</sup>
- 2 (1 oz) sour cream <sup>7</sup>
- 3 oz baby spinach

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)
- sugar

## Tools

- medium pot
- rimmed baking sheet

## Allergens

Milk (7), Tree Nuts (15), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 740kcal, Fat 44g, Carbs 52g,  
Proteins 29g



### 1. Cook lentils

Preheat oven to 425°F with a rack in the center. Transfer **lentils** to a medium pot. Add enough water to cover by 2 inches and season with **1 teaspoon salt**. Cover and bring to boil over high heat. Uncover and cook until lentils are tender, 16-17 minutes. Drain lentils well, transfer to a baking sheet or plate (to prevent lentils from cooking further), and set aside until step 5.



### 4. Make vinaigrette & sauce

To bowl with **tarragon and vinegar**, whisk in **Dijon mustard, 2 tablespoons oil**, and **a pinch of sugar**. Season tarragon vinaigrette to taste with **salt and pepper**.

To bowl with **lemon zest and juice**, stir in **all of the sour cream, scallions**, and **1½ tablespoons water**. Season sauce to taste with **salt and pepper**.



### 2. Roast radicchio & nuts

Meanwhile, cut **radicchio** into 1-inch thick wedges. On a rimmed baking sheet, toss radicchio with **2 tablespoons oil**; season with **salt and pepper**. Roast on center rack until radicchio is tender, about 5 minutes. Flip and push to one side of baking sheet; add **walnuts** to other side. Return to center rack and roast until nuts are toasted, and radicchio is golden, 5-8 minutes more.



### 5. Dress lentils

Add **cooked lentils** to bowl with **tarragon vinaigrette**; toss to combine. Coarsely chop **toasted walnuts**. In a large bowl, toss **spinach** with **a squeeze of lemon juice** (from wedges), **a drizzle of oil**, and **a pinch of salt**.



### 3. Prep veggies & vinegar

Halve **radishes**, then thinly sliced into half moons. Trim **scallions**, then thinly slice. Finely chop **2 teaspoons tarragon leaves**. In a medium bowl, combine **chopped tarragon** and **2 tablespoons vinegar**. Let sit for at least 5 minutes to infuse vinegar. Finely grate **1 teaspoon lemon zest** and squeeze **1 teaspoon lemon juice** into a second bowl; cut remaining lemon into wedges.



### 6. Serve

Arrange **dressed spinach** on plates or a platter, then top with **lentils, roasted radicchio**, and **sliced radishes**. Drizzle **sour cream sauce** over top and garnish with **toasted walnuts**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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