

Hearty Beluga Lentil Stew

with Fried Eggs & Pecorino Cheese Toast

Pimentón, the vivid spice at the heart of this stew, is actually a special grade of paprika, or the powder of red chile peppers. Native to the Americas, red chiles were brought to Spain in the late 15th Century, by a passenger aboard Christopher Columbus' second voyage. The peppers were planted in Spain and thrived in its unique climate. By the 17th Century, pimentón, the smoked and ground form of the pepper, emerged. Here, it adds robust flavor as it toasts with aromatic vegetables, then simmers with tender, earthy beluga lentils.



Ingredients

- 4 Farm Eggs
- 1½ Cups Beluga Lentils
- 2 Small Baguettes
- 3 Cloves Garlic
- 2 Carrots
- 1 Red Onion
- 1 Bunch Lacinato Kale
- 1 Large Bunch Parsley
- Knick Knacks**
- 2 Tablespoons Sherry Vinegar
- 2 Tablespoons Tomato Paste
- 2 Teaspoons Pimentón
- ½ Cup Grated Pecorino Cheese

Makes 4 Servings

About 635 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp56

1



Prepare the ingredients:

Wash and dry the fresh produce. Preheat the oven to 425°F. Peel and thinly slice the garlic and onion. Peel the carrots and thinly slice into rounds on an angle. Trim off and discard the very ends of the baguettes; slice the baguettes into 2-inch pieces on an angle. Separate the kale stems and leaves; discard the stems and finely chop the leaves. Pick the parsley leaves off the stems; discard the stems.

2



Cook the aromatics:

In a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, onion, carrots** and **pimentón**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **tomato paste** and cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant.

3



Add the lentils & kale:

Add the **lentils, kale** and **5 cups of water** to the pot of aromatics. Heat to boiling on high. Once boiling, reduce the heat to medium and simmer, stirring occasionally, 24 to 26 minutes, or until the lentils are tender.

4



Make the pecorino cheese toast:

While the lentils simmer, lightly coat a sheet pan in olive oil. Rub the cut sides of the **baguette slices** in the olive oil; season with salt and pepper. Top with **half the pecorino cheese**. Toast in the oven 4 to 5 minutes, or until golden brown and crispy. Remove from the oven and transfer to a serving dish.

5



Fry the eggs:

While the lentils continue to simmer, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 1 to 3 minutes, or until the whites are set but the yolks are still runny (or to your desired degree of doneness). Remove from heat.

6



Finish & serve your dish:

Stir the **vinegar** and **remaining pecorino cheese** into the pot of cooked lentils; season with salt and pepper to taste. Divide the **finished stew** between 4 bowls. Top each with a **fried egg**. Serve with the **pecorino cheese toast** on the side. Garnish with the **parsley**. Enjoy!