

Beluga Lentil Stew & Squash Agrodolce

with Rosemary Breadsticks

In this recipe, we're making a warming, wholesome stew with garlic, onion and beluga lentils, a gourmet favorite among chefs. We're topping the stew with our take on agrodolce—a classic Italian sauce with both sweet and sour elements. This agrodolce gets extra sweetness and hearty consistency from tender butternut squash. As a fun and flavorful side, you'll hand-roll crunchy, rosemary-seasoned breadsticks (called "grissini" in Italy).



Ingredients

¼ Pound Plain Pizza Dough

¾ Cup Beluga Lentils

3 Cloves Garlic

1 Butternut Squash

1 Red Onion

1 Bunch Rosemary

Knick Knacks

3 Tablespoons Hazelnuts

2 Tablespoons Butter

1 Tablespoon Honey

¼ Cup Red Wine Vinegar

¼ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Remove the dough from the refrigerator to bring to room temperature. Wash and dry the fresh produce. Peel and mince the garlic. Peel and small dice the onion. Cut off and discard both ends of the squash. Peel the squash; separate the neck and bulb. Halve the bulb lengthwise; scoop out and discard the pulp and seeds, then small dice the squash. Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the hazelnuts.

2



Start the stew:

In a large pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and **onion**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until softened and fragrant. Increase the heat to medium-high and stir in the **lentils**; cook, stirring frequently, 1 to 2 minutes, or until the lentils are lightly toasted and fragrant.

3



Finish the stew:

Add **2½ cups of water** to the pot of lentils; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high and simmer, stirring occasionally, 28 to 30 minutes, or until most of the water has been absorbed and the lentils are tender. (If the lentils seem dry, add up to ¼ cup of water to achieve your desired consistency.) Remove from heat and add the **butter**; stir until thoroughly combined. Season with salt and pepper to taste.

4



Cook the squash:

While the stew simmers, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 10 to 12 minutes, or until lightly browned and tender.

5



Roll & bake the breadsticks:

While the squash cooks, lightly oil a sheet pan. On a work surface, divide the **dough** into 4 equal-sized balls. Using your hands, roll each ball into a 10- to 12-inch-long stick; let rest for 5 minutes (the dough will retract) and roll again. Transfer to the prepared sheet pan; using your fingers, press both ends of each stick into the sheet pan to adhere. Brush or drizzle with olive oil and sprinkle with **half the rosemary**; season with salt and pepper. Bake 10 to 12 minutes, or until golden brown and crispy. Remove from the oven.

6



Make the agrodolce & plate your dish:

To the pan of squash, add the **honey**, **vinegar**, **hazelnuts**, **remaining rosemary** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until the liquid has thickened. Remove from heat. Divide the **finished stew** between 2 bowls. Top with the agrodolce. Serve with the **baked breadsticks** on the side. Enjoy!