

# Black Lentil Salad

*with Spicy Blistered Snap Peas & Asparagus*

**PREP TIME:** 15 minutes

**COOK TIME:** 30-40 minutes

**SERVINGS:** 2

Blistering vegetables, or pan-cooking them over high heat until their exteriors begin to char, creates delicious contrast in both texture and flavor. Here, we're blistering seasonal asparagus and sugar snap peas, then tossing them with crunchy turnip (yours may be scarlet queen or purple top), fresh mint, and Calabrian chile paste, a specialty ingredient known for its pungent heat. We're serving our vegetables over a bed of arugula and gorgeous black lentils tossed with a creamy dressing of mascarpone and lemon juice.



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## Ingredients



¾ cup  
BLACK LENTILS



4 oz  
SUGAR SNAP PEAS



2 oz  
ARUGULA



1 bunch  
ASPARAGUS



1  
LEMON



1  
TURNIP



1 bunch  
MINT

## KNICK KNACKS:



2 Tbsp  
MASCARPONE  
CHEESE



1 ½ tsp  
CALABRIAN CHILE  
PASTE



¼ cup  
ROASTED  
PISTACHIOS



1  
SHALLOT



¼ cup  
CRUMBLD GOAT  
CHEESE



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## 1 Cook the lentils:

- ☐ Heat a medium pot of salted water to boiling on high. Rinse the **lentils** and drain thoroughly.
- ☐ Once the pot of water is boiling, add the lentils. Cook, uncovered, 24 to 26 minutes, or until tender. Drain thoroughly and return to the pot. Set aside in a warm place.

## 2 Prepare the ingredients:

- ☐ While the lentils cook, wash and dry the fresh produce.
- ☐ Cut off and discard the tough, woody stem ends of the asparagus; cut into 1-inch pieces on an angle, leaving the pointed tips intact.
- ☐ Snap off and discard the stem end of each snap pea; pull off and discard the tough string that runs the length of the pod. Cut the snap peas in half on an angle.
- ☐ Pick the mint leaves off the stems; discard the stems.
- ☐ Roughly chop the arugula.
- ☐ Roughly chop the pistachios.
- ☐ Quarter and deseed the lemon.
- ☐ Peel the shallot and mince to get 2 tablespoons (you may have extra); place in a medium bowl with **the juice of 2 lemon wedges**.
- ☐ Peel the turnip; quarter lengthwise, then thinly slice crosswise. Place in a bowl and season with salt.

## 3 Make the dressing:

- ☐ While the lentils continue to cook, to the bowl with the **shallot-lemon juice mixture**, add the **mascarpone cheese**. Season with salt and pepper. Slowly whisk in **1 tablespoon of olive oil** until well combined. Season with salt and pepper to taste.

## 4 Blister the vegetables:

- ☐ While the lentils continue to cook, heat a large, dry pan (nonstick, if you have one) on high until hot.
- ☐ Add the **asparagus** and **snap peas** in a single, even layer. Cook, without stirring, 3 to 5 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until browned and softened.
- ☐ Transfer to a large bowl; immediately season with salt and pepper.

## 5 Finish the vegetables:

- ☐ To the bowl of **blistered vegetables**, add the **seasoned turnip**, **mint** (tearing the leaves just before adding), **the juice of the remaining lemon wedges**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.
- ☐ Drizzle with olive oil and season with salt and pepper. Stir to thoroughly combine. Season with salt and pepper to taste.

## 6 Finish the lentils & plate your dish:

- ☐ To the pot of **cooked lentils**, add the **arugula** and **dressing**. Drizzle with olive oil and season with salt and pepper. Stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Divide the finished lentils between 2 dishes. Top with the **finished vegetables**. Drizzle with olive oil. Garnish with the **pistachios** and **goat cheese**. Enjoy!