

# Fried Eggs & French Green Lentils

with Tomatoes & Mustard Dressing

TIME: 30-40 minutes

SERVINGS: 2

Tonight's sophisticated dish highlights French green lentils, a hearty variety known for its rich, earthy flavor. We're tossing them together with sautéed spinach and a refreshing duo of cucumber and tomatoes. A bright Dijon mustard dressing ties all the flavors together—with help from shaved parmesan and sunny side-up eggs, whose yolks add another layer of richness.



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## Ingredients



2  
CAGE-FREE  
FARM EGGS



¾ cup  
FRENCH GREEN  
LENTILS



2 cloves  
GARLIC



1 bunch  
CHIVES



2 oz  
SPINACH



1  
CUCUMBER



½ lb  
HERITAGE GLOBE  
OR COCKTAIL  
TOMATOES

## KNICK KNACKS:



2 Tbsps  
RED WINE  
VINEGAR



⅓ cup  
SHAVED  
PARMESAN  
CHEESE



1  
SHALLOT



1 ½ Tbsps  
SUGAR



1 Tbsp  
DIJON MUSTARD



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## 1 Cook the lentils:

- ☐ Heat a medium saucepan of salted water to boiling on high.
- ☐ Rinse the **lentils** and drain thoroughly. Once the saucepan of water is boiling, add the rinsed lentils and cook, uncovered, 25 to 27 minutes, or until tender.
- ☐ Turn off the heat. Drain thoroughly and rinse under cold water to cool. Return to the pot.

## 2 Prepare the ingredients & season the vegetables:

- ☐ While the lentils cook, wash and dry the fresh produce.
- ☐ Peel and thinly slice the shallot.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut the chives into 1-inch pieces.
- ☐ Quarter the tomatoes.
- ☐ Medium dice the cucumber.
- ☐ In a medium bowl, combine the **tomatoes, cucumber, ¼ of the vinegar**, and a drizzle of olive oil; season with salt and pepper.

## 3 Make the dressing:

- ☐ While the lentils continue to cook, in a bowl, whisk together the **mustard, sugar, remaining vinegar**, and a drizzle of olive oil; season with salt and pepper to taste.

## 4 Cook the spinach & finish the vegetables:

- ☐ While the lentils continue to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **shallot and garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.
- ☐ Add the **spinach**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until wilted.
- ☐ Transfer to the bowl of **seasoned vegetables**. Stir to thoroughly combine. Season with salt and pepper to taste. Wipe out the pan.

## 5 Fry the eggs:

- ☐ While the lentils continue to cook, in the same pan, heat 1 tablespoon of olive oil on medium until hot.
- ☐ Keeping them separate, crack the **eggs** into the pan; season with salt and pepper. Cook 3 to 4 minutes, or until the egg whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.

## 6 Finish the lentils & plate your dish:

- ☐ Add the **finished vegetables, dressing, and half the chives** to the pot of **cooled lentils**; stir to combine. Season with salt and pepper to taste.
- ☐ Divide the finished lentils between 2 dishes. Top with the **fried eggs**. Garnish with the **cheese and remaining chives**. Enjoy!