


Lentils & Lemon-Shallot Dressing

with Roasted Vegetables & Fried Eggs

2 SERVINGS | 40-50 MINS





Ingredients

 2 Pasture-Raised Eggs

 2 cloves Garlic

 ½ lb Diced Butternut Squash

 ½ cup Plain Nonfat Greek Yogurt

 ½ cup Black Beluga Lentils

 4 oz Grape Tomatoes

 1 Lemon

 2 Tbsps Roasted Sunflower Seeds

 1 Poblano Pepper

 1 Shallot

 2 oz Arugula

 ¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



SmartPoints® value per serving
(as packaged)



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track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1 Cook the lentils

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **lentils** and cook, uncovered, 25 to 27 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



2 Prepare the ingredients & marinate the shallot

- Meanwhile, wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Peel and finely chop the **shallot**.
- Using a zester or the small side of a box grater, zest the **lemon** to get 1 teaspoon. Halve the lemon crosswise; squeeze the juice into a large bowl, straining out the seeds.
- To the bowl of **lemon juice**, add **half the chopped shallot** and **1 tablespoon of olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Halve the **tomatoes**.
- Cut off and discard the stem of the **pepper**. Halve the pepper lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.
- Combine the **halved tomatoes** and **diced pepper** in a bowl. Drizzle with **olive oil** and season with salt and pepper. Stir to coat.



3 Roast the vegetables

- Line a sheet pan with foil.
- Place the **squash** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 12 minutes. Leaving the oven on, remove from the oven.
- Carefully place the **seasoned tomatoes and pepper** on the other side of the sheet pan; arrange in an even layer.
- Return to the oven and roast 10 to 12 minutes, or until the vegetables are browned and tender when pierced with a fork. Remove from the oven.



4 Crisp & dress the lentils

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic** and **remaining chopped shallot**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **cooked lentils** 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 occasionally, 5 to 6 minutes, or until the lentils are slightly crispy.
- Transfer to the bowl of **marinated shallot**; stir to combine.
- Rinse and wipe out the pan.



5 Fry the eggs

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate. Season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.



6 Finish & serve your dish

- Meanwhile, in a bowl, combine the **yogurt, lemon zest**, and **1 tablespoon of water**; season with salt and pepper.
- To the bowl of **dressed lentils**, add the **roasted vegetables** and **arugula**. Season with salt and pepper; stir to combine.
- Serve the **finished lentils** topped with the **fried eggs, seasoned yogurt**, and **sunflower seeds**. Enjoy!

