

Lentil & Roasted Squash Salad

with Jalapeño Vinaigrette & Creamy Salsa Verde


2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients


 2 Pasture-Raised Eggs

 1 Delicata Squash


 4 oz Grape Tomatoes

 1/3 cup Salsa Verde

 2 cloves Garlic


 1/2 cup Black Beluga Lentils

 1 Lemon

 2 Tbsps Sliced Roasted Almonds

 1 Jalapeño Pepper

 2 Scallions

 1/4 cup Labneh Cheese



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



17 12 12

SmartPoints® value per serving
(as packaged)



Scan this barcode in your WW app to 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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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the eggs

- 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, carefully add the **eggs** to the pot and cook 7 minutes for soft-boiled, or until your desired degree of doneness.
- Leaving the pot of water boiling, using a slotted spoon or tongs, transfer the eggs to a strainer and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs. Season with salt and pepper.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into $\frac{1}{2}$ -inch pieces.
- Thinly slice the **scallions** on an angle, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**; place in a large bowl. Season with salt and pepper.
- Quarter and deseed the **lemon**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **salsa verde** and **labneh**. Taste, then season with salt and pepper if desired.



3 Cook & rinse the lentils

- Add the **lentils** to the pot of boiling water. Cook, stirring occasionally, 25 to 27 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under water.



4 Roast the squash

- Meanwhile, place the **squash pieces** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; turn to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



5 Make the vinaigrette

- Meanwhile, in a small pot, heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions, chopped garlic**, and **as much of the sliced pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until slightly softened.
- Turn off the heat. Add **the juice of 2 lemon wedges** and **2 teaspoons of olive oil**. Stir to combine.



6 Finish & serve your dish

- To the bowl of **seasoned tomatoes**, add the **rinsed lentils, vinaigrette, and roasted squash**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished squash and lentils** topped with the **seasoned eggs** and **creamy salsa verde**. Garnish with the **almonds** and **sliced green tops of the scallions**. Serve the **remaining lemon wedges** on the side. Enjoy!

