



COOKING PASSION SINCE 1877

## Beluga Lentil Salad with Glazed Carrots and Yogurt Sauce



Serves: 4

### INGREDIENTS

#### For the carrots:

1 bunch carrots with greens  
(approx. 500 g)  
3 tablespoons olive oil  
2 tablespoons maple syrup  
2 tablespoons white balsamic  
vinegar  
Salt  
Pepper

#### For the lentil salad:

280 g beluga lentils  
840 ml vegetable stock  
40 g sliced **almonds**  
1 bunch cilantro  
1 bunch parsley  
2 sprigs mint  
2 teaspoons **za'atar spice mixture**  
(see lamb recipe)  
5 tablespoons olive oil  
4 tablespoons white balsamic  
vinegar  
Juice and zest from ½ organic  
lemon  
2 teaspoons maple syrup  
150 g **feta**

#### For the yogurt sauce:

300 g Greek **yogurt**  
1 teaspoon white balsamic vinegar  
1 pinch lemon zest  
1 garlic clove  
Salt  
Pepper

ALLERGENES HIGHLIGHTED IN  
BOLD

### PREPARATION

Preheat the oven to 190°C CircoTherm® hot air.

Peel the carrots, leaving the greens attached. Combine oil, maple syrup and balsamic vinegar and season to taste with salt and pepper. Marinate the carrots in this mixture.

Distribute the carrots on a baking sheet and bake for 20 minutes, medium steam intensity. Bake an additional 15 to 20 minutes without steam until the carrots are done, turning occasionally.

For the salad, rinse the lentils in a strainer and drain. Pour the vegetable stock into a large pot, briefly bring it to a boil, cover and simmer for about 20 minutes, occasionally checking its consistency. Pour off the remaining stock and let the lentils cool.

In a pan, toast the sliced almonds until golden-brown and set aside. Rinse the cilantro, parsley and mint, shake dry and chop finely.

In a bowl, mix together the za'atar spice mixture, oil, balsamic vinegar, lemon juice and zest and maple syrup to make a dressing. Pour over the lentils and stir well.

For the yogurt sauce, mix together the yogurt, balsamic vinegar and lemon zest in a bowl. Peel the garlic, squeeze it through a press and add it to the sauce. Stir, season to taste with salt and pepper and set aside.

Serve the lentil salad on a large platter or plate. Top with the carrots and drizzle with a generous amount of yogurt sauce. Finally, crumble the feta with your fingers and sprinkle it over the salad.