



Winter Salad with Lentils and Herbs in a Blood Orange Vinaigrette

{ gluten-free, refined sugar free, dairy-free, paleo }

Recipe serves 4.

MAKE IN ADVANCE:

- The vinaigrette can be made in advance (minus the blood orange juice if you haven't cut the blood oranges yet) and kept in the fridge in an airtight container for at least a week.
- The lentils can be made in advance and stored in an airtight container in the fridge for 2-3 days.

INGREDIENTS

For the salad:

1 1/2 C brown, green or french lentils, rinsed well and picked over

3-4 blood oranges, supremed (make sure to reserve the juices for the vinaigrette recipe below)

2 C purple cabbage (or radicchio), shredded

1 1/2 C fresh parsley leaves, rough chopped

3/4 C fresh dill, rough chopped

6 C mixed salad greens and/or frisée

For the blood orange vinaigrette (makes just over 1/2 Cup):

2 tbsp finely minced shallots

1/2 C extra virgin olive oil

2 tsp Dijon mustard



2 tsp red wine vinegar

2 tsp honey

4 tsp blood orange juice (or other citrus juice if blood oranges are not in season), juices saved from supreming them

1 tsp kosher salt, or to your taste

Fresh cracked black peppercorns, to your taste

To serve:

1 or 2 crispy fried eggs per person

METHOD

Cook the lentils - either in an Instant Pot and or on the stove; methods as follows:

(a) If using Instant Pot, place 3 cups of well-drained lentils and 6 cups of broth and/or water plus a pinch of kosher salt if broth is unsalted. Select "Manual" mode and set to pressure cook on high for 13 minutes. Allow it to naturally depressurize which I think took another 15 minutes or so (I wasn't near it the exact moment when the lid released). Set aside.

(b) If cooking on stovetop, place the well-drained lentils in a medium pot, cover with 3 to 4 inches of broth and/or water plus a pinch of salt if broth is unsalted. Bring to a boil, then reduce to simmer and cook uncovered until lentils are tender but still have firmness, about 20-25 minutes. Top up with water if needed. Do check on them starting from the 15 minute mark to make sure they don't get overcooked - we're definitely not going for mushy lentils! Drain and set aside.



Meanwhile, supreme the blood oranges, which means to separate out the segments from the membranes. Do this over a shallow bowl to catch all the juices and also give the empty membrane a good squeeze as well before discarding them. Set aside the segments and the juice.

Next, make the vinaigrette by combining all the ingredients (including 4 tsp of the blood orange juice reserved from supreming them) and whisk until everything emulsifies.

Using a sharp knife or mandoline, finely shred the purple cabbage. Give the parsley and dill a rough chop. In a large mixing bowl, gently toss the mixed salad greens, shredded cabbage, parsley and dill. Drizzle vinaigrette around and down the side of the mixing bowl while tossing everything. Finally, add the lentils and blood orange segments with a final small toss just to coat. Serve the salad with 1 or 2 fried eggs per person. Warm egg on salad is epic!

Enjoy xx