



French Lentils with Walnuts and Goat Cheese

Recipe courtesy Laura Calder



Total Time: 50 min

Prep: 10 min | Inactive Prep: – | Cook: 40 min

Level: Easy

Yield: 6 servings

INGREDIENTS

1 cup/250 g du Puy lentils

1 bay leaf

1 fresh thyme sprig

2 tablespoons olive oil

1 large red onion, diced

2 cloves garlic, minced

Splash balsamic vinegar, optional

Kosher salt and freshly ground pepper

2 ounces/55 g walnuts, toasted

4 ounces/100 g goat cheese, broken into pinches

Walnut oil, to taste

DIRECTIONS

Put the lentils in a saucepan with the bay leaf and thyme. Pour over 1 1/3 cups/375 ml water, bring to a boil, then reduce the heat and simmer until tender, 30 to 40 minutes. All the liquid should be absorbed, if not simply drain off any excess.

Meanwhile, heat the olive oil in a saute pan and fry the onion until soft. Add the garlic for 1 minute, then deglaze the pan with a splash of balsamic vinegar. Once the lentils are cooked, toss them with the onion mixture, season with salt and pepper and put them in a serving dish. Scatter over the nuts and pinches of cheese. Drizzle with walnut oil. Serve warm.

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