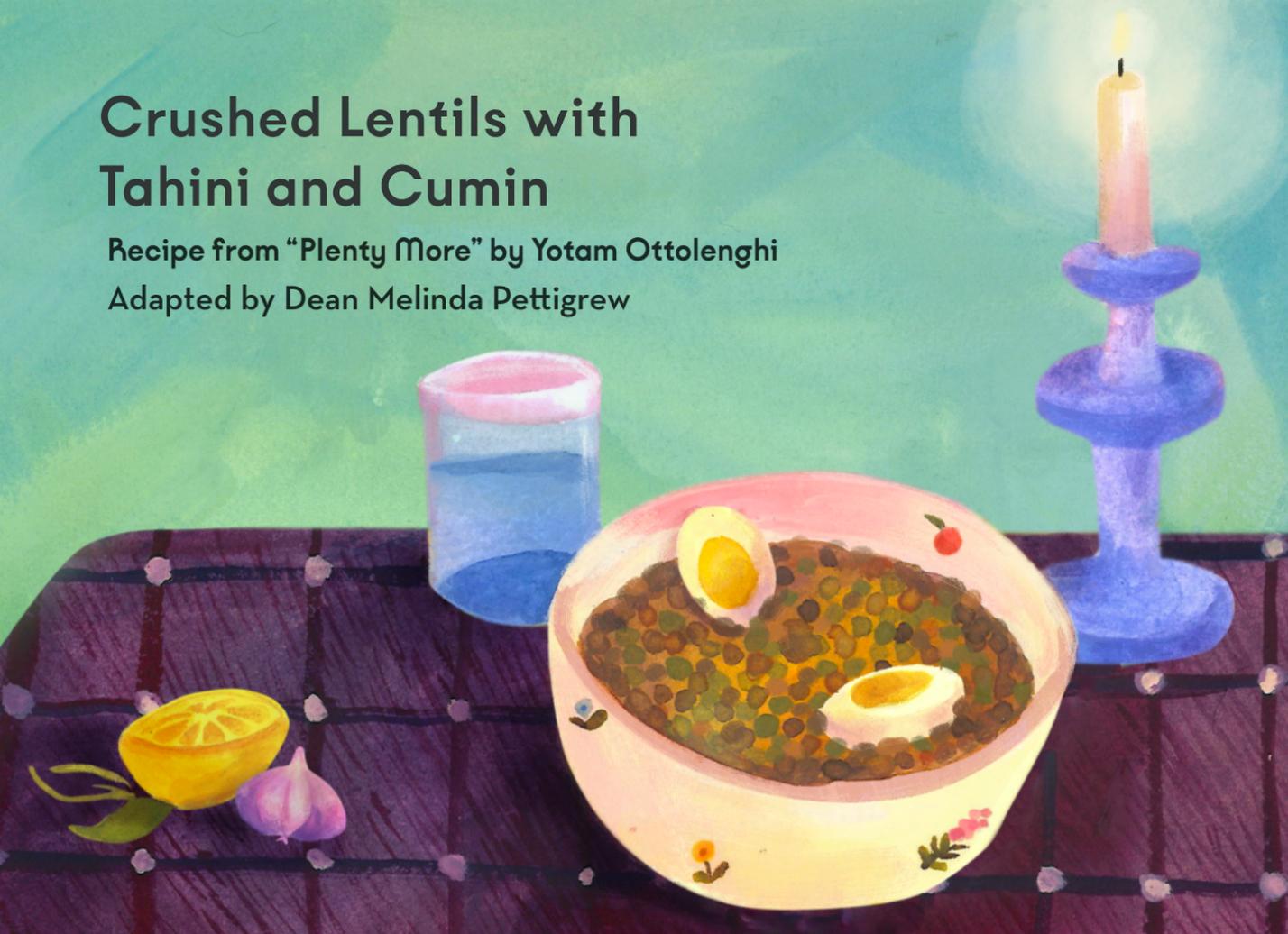
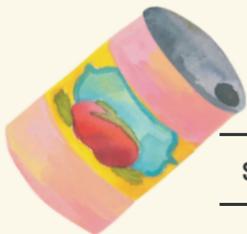


Crushed Lentils with Tahini and Cumin

Recipe from "Plenty More" by Yotam Ottolenghi

Adapted by Dean Melinda Pettigrew





Crushed Lentils with Tahini and Cumin

Serves 2-3

436 calories/serving

26.6g fat

19.3 g protein

ingredients

- 1 cup French (or green) lentils
- 2 tbsp unsalted butter*
- 2 tbsp olive oil, plus extra to finish
- 3 garlic cloves, peeled and crushed
- 1 tsp ground cumin
- 14.5 oz can of diced tomatoes, excess liquid drained (I prefer fire-roasted)
- 1 2/3 cup cilantro leaves, chopped
- 4 tbsp tahini
- 2 tbsp lemon juice
- Salt and black pepper to taste
- 1/2 tsp smoked paprika
- 1/2 small red onion, peeled and thinly sliced
- 2 hard boiled eggs, quartered
- Pita, naan or other flat bread

*This recipe can be made vegan by substituting olive oil for the butter and omitting the egg.

instructions

1. Cook lentils in a pan of boiling water for 15-20 minutes until done. Drain and set aside.
2. Heat the butter and olive oil in a large sauté pan on medium-high heat. When the butter melts, add the cumin and garlic, and cook for one minute. Add the tomatoes, most of the cilantro, and the cooked lentils. Cook for a few minutes and stir periodically. Add the lemon juice, tahini, 70 ml of water, a teaspoon of salt and black pepper (to taste). Turn down the heat to medium and cook gently, stirring, for a few minutes more, until thickened.
3. Roughly mash the lentils with a potato masher or spoon. I like a mix of mashed and whole lentils.
4. Spread the lentil mixture evenly on a flat platter, sprinkle with smoked paprika, scatter the sliced onion and the remaining cilantro on top. Drizzle with of olive oil and add the boiled eggs on top. Serve warm with pita or naan on the side.



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