



Braised Lentils Primavera

Serving Size: 2 people

You can use any type of lentil for this recipe except the red ones, which will turn mushy.

The vegetables for this dish can vary according to what's available. In the winter, equal parts carrots, celery, and onion with

red chili pepper and garlic for accents. For a "Primavera" or spring version, green should be the predominant colour. Adding diced raw radish at the end adds brightness and crunchiness for extra spring zing.

Ingredients

- **1 tbsp.** grapeseed oil
- **1/4 cup** finely diced carrots
- **1/2 cup** finely diced celery or thinly sliced asparagus
- **1/2 cup** finely diced onion or spring onion
- **1/2 cup** thinly sliced snow peas or baby peas (*petit pois*)
- **1 tbsp.** minced red chill pepper
- **1** small garlic clove, minced (or substitute sliced ramps or garlic scapes)
- **2 cups** cooked lentils (French green, green, brown or beluga)
- **1/2 tsp.** freshly ground pepper
- **1/4 tsp.** salt
- **1/2 cup** chicken or vegetable stock
- **1 tbsp.** balsamic vinegar
- several radishes, finely diced

Directions

1. Heat the oil in a large skillet over medium heat, and then add the colourful medley of vegetables. Cook, stirring occasionally, until the vegetables start to soften.
2. Turn the heat to low and add the lentils, salt, pepper.
3. Cook for about ten minutes until the lentils are heated through.
4. Splash in the chicken stock and continue to cook, stirring from time to time, until the stock has been absorbed
5. Stir in the balsamic vinegar and diced radishes, then taste and adjust the seasonings as required.