

Lentils with Cauliflower & Broccoli

Ingredients:

Lentils

1 cup French green lentils

1 tsp kosher salt

Mint/Cilantro Chutney

1 bunch cilantro, tough stems removed

1 bunch mint leaves, stems removed

Juice of 2 limes

½ serrano chile

2 garlic cloves

1 tsp cumin seeds

1 tsp sugar

1 tsp kosher salt

¼ cup olive oil

Vegetables & Assembly

1 medium head of cauliflower, cut into florets

1 medium head of broccoli, cut into florets

Olive oil for drizzling

Kosher salt

¼ cup roasted pumpkin seeds (pepitas)

Optional: garnish cilantro & mint leaves

Instructions

1. Lentils: Bring lentils, salt and 2 ½ cups water to a boil in a medium pot. Reduce heat to medium, cover and cook until lentils are tender and liquid is absorbed about 30 minutes. Remove from heat. Can be done ahead.
2. Chutney: First, blend the cilantro, mint, lime juice, chile, garlic, cumin seeds, sugar, salt and ¼ cup water in a blender or food processor until smooth. Then slowly add the ¼ cup olive oil. Set aside.
3. Toss broccoli and cauliflower lightly with 1 or 2 TBS olive oil and kosher salt. Roast at 450 degrees for about 15 minutes. Even better, put them on a grill-proof grate and grill for about 15 minutes.
4. Arrange lentils either on a platter or individual plates. Drizzle with half of the chutney. Place cauliflower and broccoli on top and drizzle with remaining chutney. Top with toasted pumpkin seeds and garnish. Enjoy!

The story behind this recipe. My friend, Kathleen, kindly made this vegetarian dish from Bon Appetit magazine for my son's college graduation brunch. Yummmmm!