

Green Lentils with honey-spiced Walnuts and Beans

This warm salad is a comforting, satisfying supper dish that is very quick to make. The original Ottolenghi recipe uses puy lentils, radicchio, Manuka honey and pecorino, but I used green lentils, green beans, lettuce, Co-op honey and cheddar, and the result is just as good! The chipotle chilli flakes are less fiery but have a lovely smoky flavor. We got ours at the chilli stall at the Local Excellence market in Abingdon.

Serves 2 for a main meal or 4 as a light supper.

Ingredients

200g green (or puy) lentils

2 bay leaves

100g honey

¼ tsp flaked chilli (I used chipotle chilli flakes)

½ tsp ground turmeric

Salt and black pepper

About 1 tsp water

3 tbsp red-wine vinegar

50ml olive oil

100g walnuts

150g green beans

½ a Little Gem lettuce, torn into pieces

60g strong cheddar or parmesan (if you leave this out the dish is vegan)

A handful roughly chopped herbs e.g. basil/ parsley/ marjoram/ mint as available.



Method

- 1. Heat the oven to 180C/gas mark 4. Put the lentils in a medium saucepan, cover with plenty of water, add the bay leaves and simmer for 15-20 minutes, until tender.**
- 2. While the lentils cook, prepare the walnuts. In a bowl, combine half the honey, the chilli, turmeric and a quarter-teaspoon of salt, and add enough water to create a thick paste. Add the walnuts to the honey/chilli paste and stir to coat. Spread on a baking sheet lined with baking paper and roast for 15-20 minutes.**
- 3. Meanwhile cut the beans into short lengths and boil in salted water for 5 mins. Drain and refresh in cold water.**
- 4. Drain the lentils and put in a serving bowl. Whisk together the vinegar, oil, the remaining honey, half a teaspoon of salt and some black pepper until the honey dissolves. Stir into the lentils while they're still hot, then leave to cool a little. Discard the bay leaves.**
- 5. Tear the lettuce into strips. Add to the lentils with walnuts, beans, sliced cheddar and herbs. Stir gently, taste and season accordingly. Serve warmish or at room temperature.**