

Lentils with Sweet Beets

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This unusual dish is a fantastic accompaniment to all sorts of main courses, such as chicken, fish or even lamb. The sweetness of the beetroot really enhances the earthiness of the lentils and roasted shallots combine with the beets to add a real depth of flavour.

Ingredients:

500g raw beetroot
12 shallots
3 tbsp. runny honey
2 tbsp. capers
1 tbsp. Dijon mustard
6 tbsp. olive oil
2 tbsp. lemon juice
350g green lentils
1 garlic clove

Directions:

1. Peel and quarter the beets and peel the shallots, halving them if they are large. Place into a roasting tin with the honey and 1 tbsp. of the oil and roast for one hour at 220C, uncovering and turning the vegetables over after half an hour. Meanwhile, cook the lentils.
2. Tip the lentils into a pan of boiling water and cook until tender. Once tender, drain and leave to dry slightly whilst you make the dressing.
3. Finely chop the capers and mince the garlic clove before whisking with the remaining olive oil, mustard, honey and the lemon juice. Once smooth, stir into the lentils.
4. When the beetroots and shallots are cooked, stir into the lentils and serve.

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