



Curried Lentil & Arugula Salad

with Goat Cheese and Carrots



30-40min



4 Servings

We tailored this delicious warm salad from Martha's latest book, "Martha Stewart's Pressure Cooker." The curried French lentils with peppery arugula, still crunchy carrots, and creamy goat cheese will settle you right into fall. It's all tied together with a vinaigrette that'll make you say, "Ah, oui!" Cook, relax, and enjoy!

What we send

- rice vinegar
- carrots
- fresh ginger
- baby arugula
- garlic
- French lentils

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 474.0kcal, Fat 21.0g, Proteins 21.5g, Carbs 47.3g



1. Prep ingredients

Peel and finely chop **ginger** and **3 large garlic cloves**.



2. Cook aromatics

In a large saucepan (if using a pressure cooker go to step 3), heat **2 tablespoons oil** over medium-high. Add **ginger**, and **¾ of the garlic** and cook, stirring until fragrant, about 1 minute. Add **curry powder** and cook until fragrant, 30 seconds.



3. Cook lentils

Add **lentils, 8 cups water, 2 teaspoons salt**; bring to a boil. Cover; simmer over medium-low, until tender, 18-24 minutes. (**For pressure cooker:** combine ginger, 2 teaspoons salt, ¾ of the garlic, curry powder, lentils, and 8 cups water. Close lid, set to 8 minutes on high. When done, turn off, quick-release pressure; covering vent with a towel.) Drain.



4. Slice carrots

While **lentils** cook, scrub **carrots** and trim ends (no need to peel). Halve lengthwise if large, then very thinly slice. (Alternatively, use a mandoline for slicing.)



5. Make dressing

In a large bowl, whisk **vinegar, remaining garlic, 1 teaspoon sugar,** and **⅓ cup oil**. Season to taste with **salt** and **pepper**. Spoon **half of the dressing** into a small bowl and reserve for step 6.



6. Finish & serve

Shake excess water from **lentils**. Add lentils, **carrots**, and **half of arugula** to **dressing** in large bowl and toss gently to combine. Season to taste with **salt** and **pepper**. Divide **salad** between plates, top with **remaining arugula**, and crumble **goat cheese** on top. Drizzle as much of the **remaining dressing** over **salad** as desired. Enjoy!