



Lentils and Smoky Eggplant

with Yogurt and Naan Chips



30-40min



4 Servings

This dish draws on lots of different textures and flavors to make for a satisfying (not to mention, impressive) veggie meal! Eggplant takes on a particularly smoky flavor when broiled, and its meaty texture bulks up the lentils. Red onions and celery bring the crunch, while a creamy yogurt dressing ties it all together. Scoop up the last bites with crispy naan! Cook, relax, and enjoy!

What we send

- red onion
- Japanese eggplant
- french green lentils
- celery
- fresh cilantro
- red wine vinegar

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- fine-mesh sieve
- medium skillet
- small saucepan

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 512.0kcal, Fat 15.5g, Proteins 22.0g, Carbs 70.0g



1. Cook lentils

In a medium saucepan, add **lentils, 1 teaspoon salt, and 4 cups water**. Bring to a boil and simmer, partially covered, until tender, but not falling apart, about 25 mins. Drain well and transfer to a medium bowl.



2. Broil eggplant

Meanwhile, preheat broiler with top rack 4-6 inches from heat source. Using a fork, prick **eggplants** all over. Place on foil lined baking sheet and broil, flipping halfway through, until eggplants are completely charred and collapsed, about 15 minutes (watch closely). Carefully slice eggplant down the middle and allow to cool about 5 minutes.



3. Caramelize onions

Trim ends from **onion**, then halve, peel and thinly slice through core. Heat **1 tablespoon oil** in a medium skillet over medium high. Add **all but ½ cup of the onion** and season with **¼ teaspoon salt**; cook, stirring often, until golden brown and caramelized, 10-12 minutes. (Occasionally add **1 tablespoon of water** if pan begins to scorch.)



4. Prep vegetables

Pick **cilantro leaves** from stems; finely chop **stems** and coarsely chop **half of the leaves** (leave the rest whole for garnish). Thinly slice **celery** on the diagonal and add to bowl with **reserved onion**. Stir in **2 teaspoons each oil and vinegar** and **¼ teaspoon salt**. In a small bowl, mix **yogurt** with **1 tablespoon oil**. Season to taste with **salt and pepper**.



5. Finish eggplant & lentils

Scoop **eggplant** flesh away from skin and place in small bowl with **2 teaspoons vinegar, 1 teaspoon olive oil, ½ teaspoon salt, and a few grinds pepper**. Mash well with a fork, until very smooth. To bowl of **lentils**, add **caramelized onions, chopped cilantro leaves and stems, remaining vinegar, and 1 teaspoon oil**. Season to taste with **salt and pepper**.



6. Make naan chips

Lightly brush **naan** with **oil** on both sides. Cut into 8 wedges, place on baking sheet; broil, flipping halfway through, until browned and crispy, 2-3 minutes (watch carefully as broilers vary). Divide **lentils** between bowls; top with **eggplant, yogurt, celery and onion, and cilantro leaves**. Drizzle with **oil** and serve with **naan chips** alongside. Enjoy!