



Lentil Larb Noodles

with Crispy Shallots



20-30min



2 Portions

You may be familiar with Cambodia's national dish prepared with pork or chicken, but larb can also go vegetarian. In this version, we've dialled down the heat and showcased creamy French-style lentils and slippery baby spinach against larb's signature lime, chilli and coriander dressing.

What we send

- lentils
- coriander, mint
- bird's-eye chilli, garlic, ginger, spring onion
- baby spinach leaves
- lime
- vermicelli noodles
- fried shallots ¹

What you'll require

- Australian honey
- soy sauce ⁶
- vegetable oil
- water

Utensils

- fine grater
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If you prefer less heat, add the chilli to taste or omit completely; this dish is still packed full of flavour without it.

Allergens

Gluten (1), Soy (6). May contain traces of other allergens.

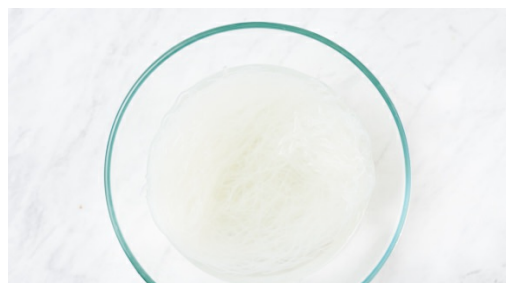
Nutrition per serving

Energy 510kcal, Fat 11.2g, Carbs 76.0g, Proteins 18.5g



1. Cook lentils

Rinse the **lentils** well in a sieve, then put in a medium saucepan and cover with enough water to completely submerge by at least 5cm. Bring to the boil over medium-high heat, then reduce heat to medium and cook, stirring occasionally, for 20 mins or until the lentils are tender. Drain well. Do not rinse.



4. Soften noodles

Put **half the noodles** (the remaining noodles won't be used in this dish) in a large heatproof bowl and cover with boiling water. Set aside to soak for 5 mins or until softened. Drain well.



2. Prepare ingredients

Meanwhile, peel and finely grate the **ginger**. Finely chop the **spring onion**. Crush or finely chop the **garlic**. Finely chop the **chilli**, removing the seeds if less heat is desired (see cooking tip). Coarsely chop the **coriander**, including the stems. Coarsely chop the **mint** leaves, discarding the stems.



5. Cook lentil larb

Meanwhile, heat **1 tbs vegetable oil** in a wok or deep frypan over low heat. Cook the **spring onion, garlic, ginger and chilli**, stirring, for 3 mins or until softened. Add the **lentils** and cook, stirring, for 1 min or until glossy. Add the **larb dressing**, increase the heat to high and cook, stirring, for 2-3 mins until the lentils are warmed through.



3. Make larb dressing

Bring a kettle to the boil for the noodles. Finely grate the **lime** zest, then juice. Put the lime zest, juice, **1½ tbs soy sauce**, **1 tbs honey** and **2 tbs water** in a small bowl and stir to combine.



6. Get ready to serve

Gently stir the **herbs** and **spinach** through the lentil mixture so they start to wilt, then remove the wok from the heat. Divide the **noodles** among bowls and spoon over the **lentil larb**. Scatter over the **fried shallots** to serve.