

THE HEALTH BOOST

happy healthy living

chorizo & mustard lentils



These French Puy Lentils are a staple in my house just as they were in my Grandmother's kitchen in Burgundy growing up. Quick and easy to prepare, they don't need to soak and cook in just 20 minutes. They are a great protein packed alternative to meat, rice or potatoes and are incredibly versatile, enjoyed hot or cold as a base for a salad. Chorizo and Dijon mustard is our favourite way to cook them, but get creative with them and enjoy!

INGREDIENTS

Serves 4

250g green Puy Lentils (my favourites are by Merchant Gourmet, available in supermarkets)
190g cooking chorizo, cubed
2 tablespoons creme fraiche
1 or 2 tablespoons Dijon Mustard (I recommend Maille Originale)

METHOD

Prep Time: 5mins

Cook Time: 25mins

- Preheat oven to 190°C.
- Cut the chorizo into cubes.
- Scatter chorizo on a baking tray and place in the oven for 20 minutes to grill.
- Rinse and drain the lentils.
- Put the lentils in a saucepan and cover them with 3 times their volume of water
- Bring to the boil and then simmer for 20-25mins until the lentils are cooked but still firm.
- Drain the lentils.

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- In a large saucepan add creme fraiche, mustard and chorizo and mix well.
- Add cooked lentils and stir until all ingredients are well incorporated.
- Serve warm as a side dish, or with greens or cool and keep in the fridge to serve as a salad later.

THE HEALTH BOOST TIP!

High in protein and rich in dietary fibre and folate, lentils will help keep you full for longer and are a great additional source of protein for those following a vegetarian or vegan diet. They are also a good source of copper and manganese, which help support the antioxidant defence system.

During the summer months, I tend to batch cook these mustard lentils and have them ready for a picnic or lunch at work. When eaten cold, try to add feta and cucumber cubed for a really fresh main course. During the winter months, it is best eaten warm with slow cooked pulled pork or roasted pumpkin!