

Spiced Lentils & Broccolini with Lemon

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 bunch Broccolini (trimmed)
- 1/2 Lemon (sliced thin)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, thinly sliced)
- 3/4 tsp Coriander
- 3/4 tsp Fennel Seed (ground)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/4 cup Mint Leaves (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.
- 02 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 03 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	281	Carbs	20g
Fat	19g	Protein	12g