

Roasted Carrots & Lentils

6 servings

This is a recipe from lentils.ca. Please take a peek at the website to see the photo and many more creative ways to use lentils.

Prep Time: 10 Minutes

Total time: 30 Minutes

Ingredients

- 1 1/2 lb (750 g) raw carrots, peeled, cut on bias
- 1 red onion, small dice
- 1 Tbsp (15 mL) canola oil
- 1/2 tsp (2 mL) ground turmeric
- to taste, salt and pepper
- 1/2 cup (125 mL) green lentils
- 1 1/2 cups (375 mL) low-sodium vegetable or chicken stock

DRESSING:

- 1 orange, zest and juice
- 1 tsp (5 mL) minced ginger
- 1 Tbsp (15 mL) canola oil
- to taste, salt and pepper
- 1 Tbsp (15 mL) chopped fresh dill



Directions

1. Preheat oven to 400°F (200°C). Line a baking tray with parchment paper.
2. Toss carrots, onion, oil, and turmeric together in a bowl and season with salt and pepper. Spread evenly on the lined tray and roast until tender and golden, approximately 25 minutes, stirring halfway through.
3. While the carrots are roasting, prepare the lentils. Combine the stock and lentils together in a medium saucepan, bring to a boil and reduce to a simmer. Cover with a lid and cook until tender, approximately 20 minutes. Remove the lid and continue to cook if there is any excess water.
4. To prepare the dressing, whisk together orange zest and juice, ginger, oil, and season with salt and pepper to taste. Reserve.
5. Toss roasted carrots and cooked lentils together in a bowl, drizzle with prepared dressing, and top with dill.

Quick tip: The smaller the roasting vegetables are cut, the shorter the roasting time.