

Lentil, Carrot and Cilantro Pate'

Number of Servings: 4

Prep Time: 30 minutes

Cook Time: 30 minutes

Ingredients

1/2 cups Puy or mixed lentils (preferably sprouted)

1/4 cup Acropolis Biodynamic Olive Oil

3 garlic cloves, finely chopped

1 onion, chopped

1 tsp whole coriander and cumin

1 tsp fresh minced Chile (for those who like it hot, you may add more to taste)

2-3 carrots sliced 1/2"

1/3 cup vegetable or chicken stock, preferably homemade or organic

1 Tbsp tomato paste

1/4 cup chopped cilantro, plus extra for garnish

2 Tbsp plain yogurt

unrefined sea salt and fresh ground pepper to taste.

extra olive oil to drizzle on top.

Instructions

Toast coriander and cumin in a pan until fragrant, about 2 min on med-high heat. Crush in a pestle or mildly pulse in a spice grinder.

Rinse your lentils well with water; then put them in a saucepan, cover with plenty of water and bring to a boil. Reduce heat and simmer for 15 minutes. Drain and set aside.

Heat the olive oil in saucepan (preferably cast iron) over medium heat. Add garlic, onion, coriander, cumin, chile and carrots. Saute for about 5 minutes. Add cooked lentils, broth and tomato paste. Reduce heat to low and simmer for 15 minutes, stirring occasionally. Remove from heat and cover with lid, let cool 15 minutes.

Transfer everything to a food processor and process into a thick puree. Season with sea salt and pepper, add yogurt. Put into a pretty serving dish and garnish with a few sprigs of cilantro and a drizzle of olive oil.

Serve with a crispy salad for a nice lunch or light dinner. Very tasty!