



In your box

- ½ cup Beluga Lentils
- 2 Zucchini
- 1 Shallot
- 2 Garlic Cloves
- ¼ oz. Basil
- 1 Roma Tomato
- 1 fl. oz. Sherry Vinegar
- 1 Tbsp. Grainy Mustard
- ½ fl. oz. Honey
- 4 oz. Burrata Cheese



Mediterranean Lentil Salad with Burrata Cheese and basil vinaigrette

NUTRITION per serving—Calories: 727, Carbohydrates: 56g, Fat: 40g, Protein: 33g, Sodium: 1380mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty Level ● □ □ □
Easy

Spice Level □ □ □ □
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Small Pot, Wire-Mesh Strainer, Large Non-Stick Pan, Mixing Bowl

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Thoroughly rinse produce and pat dry



1

Cook the Lentils

- Bring a small pot with **lentils** and 1½ cup **water** to a boil. Lower to a simmer, cover, and simmer until lentils are tender and water is absorbed, 17-20 minutes.
- Remove from burner. *If liquid remains, drain lentils in a wire-mesh strainer, then return to pot.* Stir in 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- While lentils cook, prepare ingredients.



2

Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut into ¼” slices.
- Peel and thinly slice **shallot**.
- Mince **garlic**.
- Core **tomato** and cut into ¼” dice.
- Stem **basil** and coarsely chop.



3

Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **zucchini** and **shallot** and stir occasionally until browned, 3-5 minutes.
- Add **garlic** and cook until aromatic, 1 minute.
- Stir in **tomatoes**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Remove from burner.



4

Make the Vinaigrette

- Whisk together 3 Tbsp. **olive oil**, **sherry vinegar**, **mustard**, **honey**, **basil**, ½ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside.



5

Finish the Dish

- Halve or cut **burrata** into bite-sized pieces.
- Plate dish as pictured on front of card, topping **lentils** with **vegetables** and **burrata**. Serve **vinaigrette** on the side or drizzle over dish. Bon appétit!