



BUCKWHEAT LENTIL BOWLS WITH BALSAMIC ONIONS

Prep: 55min – Serves 2 – Easy

For the lentils:

120g puy lentils
60g buckwheat
1 dried smoked chipotle (or 1 tsp smoked paprika powder)
1 tbsp olive oil
2 garlic cloves
1 tsp cumin seeds
½ tsp cumin powder
150g chopped tinned tomatoes
1 tbsp tahini
salt
fresh coriander, to serve
fresh parsley, to serve
lemon juice, to serve

For the onions:

1 red onion
1 tbsp olive oil
1 tsp sugar
1 tbsp balsamic vinegar

Naan bread, to serve

1. Cook the lentils for 20 minutes in a saucepan with plenty of salted water.
2. Meanwhile, put the dried chipotle into a little bowl. Pour boiling water over the chipotle and leave to soak for 10 minutes. Take the chipotle out of the water, and keep the soaking liquid. Cut off the stem, slice open and discard the seeds. Finely chop the chipotle and set aside.
3. After 20 minutes, add the buckwheat and cook for another 10 minutes.
4. Peel and finely slice the red onion. Heat the olive oil in a frying pan and fry the onions for 5 minutes until soft. Add the sugar and the balsamic vinegar and fry for another couple of minutes. Set aside.
5. Once the lentils and buckwheat are cooked, drain and set aside.

6. Heat the olive oil in the saucepan used for cooking the lentils. Peel and crush the garlic and fry for a minute with the cumin seeds, cumin powder and chopped chipotle or smoked paprika powder.
7. Add the drained lentils and buckwheat, the chopped tomatoes, the tahini and 4 tablespoons of the smoky chipotle water (or plain water). Cook for a few minutes until warmed through and most of the liquid has been absorbed.
8. Season to taste with salt. Sprinkle each portion with fresh coriander and parsley and drizzle with a generous squeeze of lemon juice.
9. Serve with toasted naan bread.

TIPS:

If you don't have any buckwheat at hand you can just use more lentils or use bulgur wheat instead.

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