

# Grilled Asparagus + French Lentil Nicoise, Pickled Red Onion, Green Beans, Heritage Hen Eggs + Frisee

Serves 8

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## INGREDIENTS

### For the Lentils:

- 1 1/2 cups French green lentils
- 1 bay leaf
- 2 cloves of garlic, smashed
- 3 sprigs of thyme

### For the Pickled Red Onion:

- 1/2 cup apple cider vinegar
- 1 tbsp sugar
- 1 1/2 tsp kosher salt
- 1 cup water

1/2 red onion, thinly sliced on mandoline

### For the dressing:

- 2 pieces anchovy
- 1 garlic clove
- 1/4 cup olive oil
- 1 tbsp. Banyuls vinegar
- 1 tbsp. fresh lemon juice
- 1 tsp. grainy dijon
- 1 tsp. shallot

### For the Salad:

- 1 lb small new potatoes, 1" dice
- 2 tbsp. olive oil
- 1/2 lb fine green beans, trimmed
- 1/2 bunch asparagus
- 1 tbsp olive oil
- 4 eggs, medium boiled ( 9 minutes)  
Charcoal salt to garnish
- 1/2 head, frisee lettuce, torn
- 2 cups arugula
- 16 pc heirloom cherry tomato, halved
- 1/4 cup fresh tarragon, roughly chopped
- 2 tbsp basil, chiffonade
- 3 tbsp caper berries
- 1/4 cup nicoise olives, sliced in half

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## METHOD

### For the Lentils:

Rinse the lentils thoroughly, and put them in a saucepan with plenty of lightly salted water, the bay leaf, garlic, and the thyme. Bring to a boil, decrease the heat to a simmer, and cook for 20 - 25 minutes, until the lentils are tender; be careful not to overcook them. Once they are tender, remove them from the pot and place them on a sheet pan lined with parchment paper. Season with salt, and pepper.

### For the Pickled Red Onion:

Place first 4 ingredients in a small pot over medium heat, and whisk until sugar and salt dissolve. Place onion in a bowl, and pour vinegar mixture over. Let sit at room temperature for minimum 1/2 hour.

**For the dressing:** Place the anchovies and garlic into a large mortar and mash with a pestle until you have a very rough paste. Scrape into a bowl, stir in the grainy Dijon, shallot, lemon juice, and vinegar. Stream in olive oil while whisking mixture until well combined, then set aside.

### For the Salad:

Cook the potatoes in boiling water until tender, then drain and set aside.

Cook the beans in boiling salted water for 1.5 - 2 minutes until tender with a slight crunch. Plunge into ice water, and set aside on a sheet pan lined with paper towel.

Snap the ends off the asparagus, and toss with olive oil, salt + pepper. Heat a cast iron grill pan on medium high, and grill asparagus until nice char marks appear. Remove from pan to cool. Once cooled, slice asparagus lengthwise in half.

To prepare the eggs, place in pot and cover with water. Bring eggs to a boil on the stovetop. Once the water is boiling, put a lid on the pot, and turn off the heat. Allow eggs to sit, covered for 9 minutes. Immediately then run under cold running water, and peel. Slice eggs in half to serve, and dust with charcoal salt.

### To Finish the Salad:

Halve the potatoes and heat 2 tbsp. oil in a non-stick frying pan. Place the potatoes cut-side down in the pan and sizzle for about 4 mins until golden and crisp. Toss the potatoes in the pan to brown on all sides, then turn up the heat and add the beans to warm through. Add the fresh basil, and tarragon, and half of the dressing. Remove from heat. Toss greens and lentils in remaining dressing. Plate dressed greens, and then add potatoes and beans. Place cherry tomatoes, caper berries, pickled onion, asparagus, olives and egg around the outside.