

# duPuy Lentil Salad with Wintergreens + Roasted Carrot

Serves 8

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## INGREDIENTS

### For the Lentils:

1 1/2 cups (270g) French green lentils  
(preferably from Le Puy)  
1 bay leaf  
2 cloves of garlic, smashed  
3 sprigs of thyme

### For the Salad:

3 bunches baby heirloom carrots  
2 tbsp olive oil  
Salt + pepper

3 cups baby arugula  
1/2 radicchio, thinly sliced  
1/2 frisee, torn  
2 tbsp tarragon, finely chopped  
1/2 bunch swiss chard, finely chopped  
1 tbsp olive oil

### For the Herbed Chevre:

1/2 cup goat cheese  
1 tsp each:  
chives, thyme, tarragon, parsley  
chopped very finely  
salt & pepper to taste

### For the Vinaigrette:

1 1/2 tsp minced shallot  
1 1/2 tsp honey  
1 tsp dijon mustard  
1/4 cup Banyul's vinegar  
1 clove garlic, rasped  
3/4 cup olive oil  
salt + pepper

### For the Spiced Walnuts:

1/2 cup walnuts  
2 1/2 tsp unsalted butter, melted  
1 tbsp pure maple syrup, available at dish  
3/4 tsp light-brown sugar  
1 tsp fresh chopped thyme  
1/2 tsp coarse salt  
1/8 tsp cayenne pepper

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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 Salad:

Preheat oven to 375°F.

Peel the baby carrots, and slice in half lengthwise. Toss with olive oil, and season with salt and pepper. Place carrots on a sheet pan lined with parchment paper, and roast for 15 minutes, or until tender.

In a cast iron skillet, heat olive oil and add swiss chard stems. Season with salt, and pepper. Saute for 5 minutes, until stems are beginning to turn translucent. Add chopped leaves, and continue to saute until tender.

### For the Herbed Chevre:

Chop all herbs very finely, and mix with the goat cheese until well combined. Set aside for garnish.

### For the Vinaigrette:

Place all ingredients, except for the olive oil in large mixing bowl. While whisking the ingredients, pour oil into the bowl in a steady stream, to combine the vinaigrette. Taste, and adjust seasoning as needed.

### For the Spiced Walnuts:

Preheat oven to 375 degrees. Place all ingredients in a large bowl and toss to combine. Spread nut mixture in a single layer on a rimmed baking sheet lined with a nonstick baking mat. Bake, stirring frequently, until browned, 10 to 12 minutes; let cool. Coarsely chop walnuts once cooled.