

Nutty Kale and Parmesan Salad

with Lentils and Fried Eggs

Healthy and tasty!

Cals 504 • Prot 28 • Carbs 45 • Fat 29

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2721



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Lentils	2 ppl	3 ppl	4 ppl	
Green lentils	100	150	200	Grams
Vegetable stock cube 15*	1	1	2	Pieces
Salad				
Kale	200	300	450	Grams
Pecan nuts 2*	40	60	80	Grams
Dried cranberries	30	45	60	Grams
Parmesan 4*	45	60	90	Grams
Dressing				
Shallots	1	2	2	Pieces
Lemon	1	1	2	Pieces
Honey	20	20	40	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Fried eggs				
Organic Eggs 5*	2	3	4	Pieces
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp

Allergens

*15 Celery, *2 Tree Nuts, *4 Milk, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2109 / 504
Fat (g)	28.9
of which saturates (g)	7.2
Carbohydrate (g)	45
of which sugars (g)	18.8
Fiber (g)	14.1
Protein (g)	27.8
Salt (g)	2.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil lentils

Bring a pot of water to a boil. Once boiling, add the **green lentils** and **stock cube** and cook for 20-25 min or until tender. Drain once tender. Spread the **lentils** out over a plate to cool.



2 Make dressing

Meanwhile, peel the **shallots** and slice them into thin rings. In a bowl, combine the **shallots** with {2/3/4} Tbsp of **lemon** juice, the **honey, olive oil, salt** and **pepper**. Set aside for 20 min.



3 Prep salad

Rinse the **kale** leaves and tear them directly into a bowl. Discard the hard stem. Toast the **pecan nuts** and the seed mix in a hot, dry pan for 2-3 min until lightly browned. Roughly chop the toasted **pecan nuts**. Roughly chop the **cranberries**. Grate the **Parmesan**.



4 Fry eggs

Heat a pan with a drizzle of **oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid. Season with **salt**.



5 Toss

Massage the **kale** for 30 seconds. Add the cooked and drained **green lentils**, the toasted **pecan nuts** and seed mix, chopped **cranberries** and grated **Parmesan**. Just before serving, add the **shallots** along with their marinade and toss well.



6 Serve

Divide the salad among plates and top with the fried **eggs**.