

## **Cooking with Amanda – Lentils and Beans**

### **Class 9 – French Lentil Edamame Salad and Vegan Cesar Salad**

#### **Ingredients**

- 1½ cups French or grey-green lentils
- ½ cup hazelnuts
- 1 cup broccolini, chopped into bite-size pieces
- 1 cup shelled edamame beans
- 2 teaspoons soy sauce
- ¼ cup balsamic vinegar
- 1 teaspoon mustard (Dijon or brown)
- 3 tablespoons maple syrup
- Salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1½ cup sliced strawberries
- ½ cup fresh basil leaves, chopped

#### **Directions**

Rinse lentils under running water and place in a saucepan with 3 cups water. Bring to the boil and reduce to a simmer, covered with a lid. Cook for 20 mins, until done. Drain off any excess water and allow to cool.

Toast hazelnuts in a dry skillet until lightly browned. Remove skins (they should fall off easily) and cut in half.

Put 1" of water in the bottom of a medium saucepan and bring to the boil. Add the edamame to the boiling water, and place the broccolini in a steamer over the water. Cover with a lid, and steam for 3 mins until the broccolini is just cooked and the edamame is heated through. Drain the water and place both the broccolini and edamame in a bowl together. Toss with 2 teaspoons of soy sauce.

Combine vinegar, mustard, syrup, and a little salt and pepper in a small bowl. Whisk in the olive oil.

Add lentils to a large bowl with broccolini, edamame, hazelnuts, strawberries. Toss with dressing and stir in basil leaves.

#### **Vegan Cesar Salad**

Cesar salad dressing is traditionally made with anchovies (fish) in the dressing. Capers provide that fishy taste, while cashews give a creamy taste without using dairy products.

See over for ingredients and directions

## Ingredients

- ½ cup raw cashews
- ¼ cup water
- 1 tablespoon lemon juice
- ½ tablespoon Dijon mustard
- ½ teaspoon garlic powder
- 1 small garlic clove, peeled and minced
- ½ tablespoon vegan Worcestershire sauce
- 2 level teaspoons capers, drained
- ½ teaspoon salt
- Freshly ground black pepper
- Romaine lettuce, washed and chopped

## Directions

Grind the cashews finely (alternatively soak in water overnight so that they blend easily). Peel and mince a small garlic clove. Add all ingredients to a small blender – a handheld stick blender works well for this, since the quantity may be too small for a regular blender. Taste and adjust flavorings as needed.

Place Romaine lettuce in a large salad bowl. Toss with dressing.