



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### GREENS & LENTILS

**Time: 15 minutes**

**Serves: 4**

#### **Ingredients:**

1 tablespoon ghee  
1 clove garlic – finely chopped  
¼ teaspoon ground cinnamon  
¼ teaspoon ground coriander  
⅛ teaspoon kosher salt  
½ cup raw almonds  
5 ounces mixed baby greens such as kale, chard or spinach  
19 ounce can lentils – rinsed and drained  
1 tablespoon fresh lemon juice  
½ teaspoon Maldon salt  
1 ounce parmesan cheese - shaved

#### **Preparation:**

Place a frying pan on medium-high heat and add the ghee. Once the ghee is hot, stir in the garlic, cinnamon, coriander and kosher salt.

Add the almonds and cook, stirring occasionally for three minutes or until they begin to brown. Remove the almonds with a slotted spoon and set aside.

Place the greens and lentils in the pan, tossing occasionally until the greens are slightly wilted and the lentils warmed.

Plate the greens and lentils topped with the lemon juice, Maldon salt, parmesan and almonds.

#### **Nutritional Information Per Serving:**

Calories: 282  
Fat: 14g  
Carbs: 27g  
Fibre: 11g  
Protein: 16g