

Stewed Lentils with Poached Eggs and Chili Oil

red chard + garlic + dill

Yield: 4-6 servings

Ingredients

Chili oil:

- 1 cup olive oil
- 1 tablespoon crushed red pepper flakes

Stewed lentils & red chard:

- 1 cup green lentils, rinsed
- 2 cups water
- 1 bay leaf
- 1 garlic clove, smashed
- 2 tablespoons chili oil
- 2 garlic cloves, minced
- 3 oz red chard stems, finely diced
- 4 oz red chard greens, slightly torn apart
- ¼ cup white wine vinegar
- ¼ cup water

Poached eggs:

- 1-2 eggs per person
- 2 teaspoons white distilled vinegar
- Salt and pepper

Garnish:

- Fresh dill
- Lemon
- Chili oil



Directions

Chili oil:

In a small pan, combine the olive oil and crushed red pepper flakes. On medium-low, heat the oil for about 5 minutes, until the pepper has infused the oil. Remove from the heat and let cool until room temperature. Seal and refrigerate overnight before using. (Any leftover oil can be kept in the fridge for up to a month.)

Stewed lentils & red chard:

In a small saucepan, combine the lentils, water, bay leaf, and crushed garlic clove over medium-high heat. Bring to a boil. Reduce the heat to a simmer and cook for 25-30 minutes. Make sure the lentils are covered with water at all times (add more water if needed). Drain the lentils. In a large sauté pan, heat 2 tablespoons of the chili oil over medium-high heat. Add the minced garlic and let cook for a minute until just slightly starting to brown (watch that it doesn't burn). Add the red chard stems to the pan and sauté for 3-4 minutes, just until softened slightly. Toss in the greens, white wine vinegar, and water. Let the liquid reduce and the greens wilt. Add the lentils to the pan, just long enough to warm through.

Poached eggs:

Meanwhile, poach the eggs. Bring a medium pot of water to a boil with 1 tablespoon of white vinegar and a pinch of salt added to it. Crack each egg into a small bowl. When the water is just simmering, slowly pour the eggs into the water. Do not overcrowd the pot. Turn off the heat and cover the pot. Set a timer for 5 minutes. Using a slotted spoon, remove the eggs and serve immediately. Season the eggs with salt and pepper.

To serve:

Serve the stewed lentils in a large bowl and give them a good squeeze of lemon. Top the lentils with 1 or 2 poached eggs. Garnish the dish with fresh dill, a slice of lemon, and a drizzle of chili oil.