

Instant Pot Warm French Lentil Salad With Walnuts & Goat Cheese

PREP TIME:

10 minutes

COOKING TIME:

12 minutes total

SERVES:

6

pair with a Txakolina or a Picpoul de Pinet to match the acidity of the dressing



INGREDIENTS:

2 tbsp olive oil

1 cup / 3 shallots or 1 medium onion, diced

1 cup / 1 large carrot, diced

1 tsp / 2 cloves garlic, minced

Coq au Vin Blend

2 tbsp tomato paste

1 ½ cups French Green (Puy) lentils

2 cups water

French dressing:

1/4 cup olive oil

1/8 cup red wine vinegar

1 tsp Dijon mustard

1/2 cup walnuts

4 oz goat cheese

1/2 cup Italian parsley, chopped

PREPARE:

heat oil in the Instant Pot on sauté function, medium and add shallot / onion, carrot and garlic in IP for 2 minutes.

sprinkle in the Coq Au Vin blend

stir in the tomato paste, lentils and water

secure the Instant Pot lid and pressure valve to Sealing

press the Manual / Pressure Cook button and adjust the cook time 8 minutes

once cooked turn the dial to Venting and use Quick Pressure Release

make the dressing in a cup and stir into the cooked lentil mixture

top with walnuts, crumbled goat cheese & Italian parsley