



CHAI SPICED LENTILS with MILLET, CURRANTS & PISTACHIOS

serves 4 as a main, 6 as a side

This dish packs both flavor and nutritional punches. Lentils are loaded with fiber, protein, and iron, and the addition of spinach brings vitamins C and E, potassium, magnesium, and more iron. Millet is a mild, nutty, gluten-free grain rich in antioxidants with a low glycemic index. And the pistachios don't just add crunch—they provide great doses of vitamin B6, potassium, and essential amino acids.

INGREDIENTS

- 1 large navel orange
- 2 tablespoons apple cider or rice wine vinegar
- 1 garlic clove, finely minced
- 1 teaspoon honey
- ½ teaspoon dijon mustard
- ⅛ teaspoon cayenne pepper
- kosher salt & freshly ground black pepper
- ½ cup extra virgin olive oil
- 5 ounces fresh baby spinach
- 1½ cups French green lentils, rinsed
- 2 chai tea bags, tags removed from strings
- ½ cup roughly chopped cilantro, divided
- ⅔ cup dried currants or golden raisins, divided (see *TIME SAVERS & TIPS #2, below*)
- ¾ cup millet

- ½ cup roasted and salted pistachios, roughly chopped, divided

INSTRUCTIONS

1. Make vinaigrette: Zest the orange over a bowl or glass measuring cup with a microplane grater. Cut orange in half and squeeze in ¼ cup of the juice. Add vinegar, garlic, honey, dijon, cayenne, ½ teaspoon salt, and ¼ teaspoon pepper, whisking to combine. Slowly whisk in olive oil until mixture is emulsified.
2. Place a steamer insert to a medium pot filled with 1 inch of water. Bring to a boil, add spinach, cover and steam until just wilted—1 to 2 minutes. Move spinach to a colander, allowing it to drain and cool. Squeeze water from spinach, finely chop, and set aside.
3. Remove steamer insert and drain water from pot (no need to wash it). Put lentils, 4 cups water, teabags, and 1 teaspoon salt in the pot. Bring to a boil, reduce heat to a simmer, then cover and cook until lentils are tender but not mushy, 20-25 minutes. Drain, discard teabags, and add to a large bowl.
4. Scatter spinach over the lentils, breaking up the spinach with your fingers as you go. Set aside 2 tablespoons of the cilantro for garnish, then add the rest to lentil bowl. Add half of the currants and ⅓ cup of vinaigrette. Stir to combine, evenly coating the lentils with vinaigrette. Taste for seasoning—add more salt and pepper if needed.
5. While lentils are cooking, bring 1½ cups water to a boil in a small pot. Stir in millet and ¼ teaspoon salt, bring to a boil, then reduce heat to a low simmer. Cover and cook for 15-17 minutes, until water has absorbed and millet is tender. Turn off heat, fluff with a fork, and stir in ⅓ cup of the vinaigrette, half of pistachios, and the other half of the currants.
6. Assemble the dish: Place millet mixture in a large shallow serving bowl or on a platter, or divide into individual bowls. Top with lentil mixture, sprinkle over remaining cilantro and pistachios, and drizzle with remaining vinaigrette. Squeeze any remaining orange juice over top. Serve warm or at room temperature.

TIME SAVERS & TIPS

1. PREP AHEAD: Steps 1-4 can be done a day in advance. Refrigerate in separate containers until ready to use. Before assembling (step 5), bring ingredients to room temperature.
2. If your dried currants or raisins are clumped together and difficult to separate, place in a small heatproof bowl and pour enough boiling water overtop to cover. Cover bowl and steep for 10-15 minutes. Drain well and discard water before adding currants to the dish.