



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

One Pan Brussels Sprout & Red Lentil Pie with a Root Vegetable Crust

This savory pie is filled with a mix of brussels sprouts and pulses, like lentils and barley, for a protein-packed main course, perfect for a Thanksgiving feast.

INGREDIENTS

- 3 tbsp coconut oil, or ghee; divided
- 2 tsp cumin seeds
- 2 tsp coriander seeds, preferably freshly ground
- 5 cardamom, pods; green shells removed, seeds freshly ground
- 1 tbsp ground turmeric
- 1 chopped large yellow onion
- 2 small to medium diced carrots
- Sea salt
- Pinch red pepper flakes
- 1 tbsp finely chopped fresh ginger
- 1 lb sliced crimini mushrooms
- Freshly ground black pepper
- 3 sliced garlic cloves
- 1 tbsp tomato paste
- 1 lb brussels sprouts, shredded in a food processor or sliced thin
- 1 cup rinsed red lentils
- ½ cup rinsed pearled barley, (optional)
- 4 peeled and sliced thin Yukon gold potatoes
- 1 large sweet potato, peeled and sliced thin on a mandolin
- 2 peeled and sliced thin celery roots
- 1 can Thai coconut milk, unsweetened
- 1 ½ cup vegetable broth, or purified water

INSTRUCTIONS

1. Preheat oven to 400° F
2. Warm 2 tablespoons of oil/ghee in a deep, 10-inch cast iron pan over medium heat. Add cumin, coriander, cardamom, and turmeric, and stir the spices around for about 1 minute, until fragrant. Add the onion, carrots, salt, and red pepper flakes and sauté for 7 minutes, until onions are translucent. Add ginger and sauté for 1 more minute.
3. Add the mushrooms, salt and black pepper and sauté for 7-8 minutes, until all the liquid released by the mushrooms evaporates. Add the garlic and sauté for 30 seconds, until fragrant. Add the tomato paste, stir to incorporate, and remove the pan from heat.
4. Combine the Brussels sprouts, lentils and barley, in a large bowl. Add the onion-mushroom mixture to the same bowl, salt well and toss to combine.
5. Arrange half of the potato, sweet potato and celery root slices, if using, on the bottom of the same cast iron pan used for sautéing the onions. Top the layer with the vegetable-lentil mixture, arranged in an even layer. Pour the coconut milk and veggie broth over the vegetable-lentil layer. Arrange the rest of the potato, sweet potato, and celery root slices on top in a spiral. Brush the root vegetable layer with the remaining 1 tablespoon of oil or ghee and sprinkle with salt and pepper. Cover, place in the oven, and bake for 30 minutes. Uncover and continue to bake for another 25-30 minutes, until all the vegetables and lentils are soft and cooked throughout. Enjoy right away, scooped out of the pan with a spoon or cut into slices. This dish also makes for great leftovers. Reheat it in portions in the oven or on a pan.

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