Warm Beetroot, Lentil and Walnut Bowls

2 beetroot-lentil bowls, each with 30 g (about 1.1 oz) feta, 10 g (about 0.35 oz) walnuts and 60 g (about 2.1 oz) bread | Active 12 min | Cook 7 min | Total 25 min

Ingredients

- 250 g (about 8.8 oz) plain ready-to-eat cooked beetroot, cut into 1 cm (about 3/8 in) cubes, not pickled
- 240 g (about 8.5 oz) ready-to-eat canned green or brown lentils, drained and rinsed
- 60 g (about 2.1 oz) fresh baby spinach, washed and drained
- 30 ml (about 2 US tbsp) water
- 60 g (about 2.1 oz) feta, crumbled
- 20 g (about 0.71 oz) chopped walnuts
- 10 ml (about 2 US tsp) olive oil
- 10 g (about 0.35 oz) Dijon mustard
- 15 ml (about 1 US tbsp) lemon juice
- 0.5 g fine salt, or less if the feta is salty
- 0.2 g (a small pinch) ground black pepper
- 120 g (about 4.2 oz) soft wholemeal bread, divided 60 g (about 2.1 oz) per person

Set out

1000 W microwave with turntable, Microwave-safe bowl, 1.5 L (about 1.6 US qt) capacity, Microwave-safe vented cover, Small bowl for the dressing, Fork and spoon, Knife and board, Kitchen scale and measuring spoon, Food thermometer, Oven mitts, Two serving bowls

Allergens

Milk, Walnuts, Wheat, Mustard. Check labels and substitutions.

Make it

1. Put the beetroot, drained lentils and 30 ml (about 2 US tbsp) water in the 1.5 L (about 1.6 US qt) bowl. Cover with the vented cover. Microwave at 1000 W full power for 3 minutes, stir thoroughly, then cook 1-2 minutes more until hot.

2. Fold in all the spinach. Cover again and microwave at full power for 1-2 minutes, stirring once, until the spinach has wilted and the center and several other areas reach 165°F/74°C. Stand covered for 2 minutes.

3. Meanwhile, use the fork to mix olive oil, mustard, lemon juice, salt and pepper in the small bowl. Stir all of this dressing into the warm beetroot-lentil mixture after the stand. Keep all the small amount of cooking liquid.

4. Divide the entire mixture between two bowls. Add 30 g (about 1.1 oz) feta and 10 g (about 0.35 oz) walnuts to each. Serve 60 g (about 2.1 oz) soft bread per person, with no additional garnish or unlisted side required.

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The lentils are already cooked

Commercially canned lentils are the stated ingredient. A handful of dry lentils cannot use this quick heating clock.

Divide the finishes

Use all 60 g (about 2.1 oz) feta and 20 g (about 0.71 oz) walnuts across the two bowls. The food image represents the written dish rather than suggesting extra cheese or nuts beyond the portion.

Ingredient labels

Check mustard and bread for additional allergens, including sesame or soy.

A useful detail

The 25-minute estimate allows cutting and measuring, up to 7 minutes of sequential heating, the 2-minute stand and serving. The dressing is mixed while the base cooks or stands, without another heating appliance. Times are starting ranges for a 1000 W microwave. Use the stated power setting, stir and turn as directed, and use the food endpoint rather than the clock alone. A different wattage or bowl shape may need additional short bursts.

Another way

Replace the walnuts with 20 g (about 0.71 oz) pumpkin seeds, divided 10 g (about 0.35 oz) per bowl. The base still contains milk and mustard.

Use 250 g (about 8.8 oz) ready-to-eat cooked carrots cut into 1 cm (about 3/8 in) pieces instead of beetroot. Do not substitute raw carrot without a separate full tenderizing cook.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 2 days. Keep unused walnuts and bread dry separately. Reheat a base portion covered with stirring to 165°F/74°C throughout and stand 2 minutes; add any separately stored cold feta immediately before eating.