

# Korean-Style Lentil Bowl

## Bol de lentilles style coréen



A delicious, easy lentil recipe, packed with protein and fibre, inspired by Korean cuisine. You can experiment with different vegetables, such as broccoli or zucchini! / Une recette de lentilles délicieuse et facile, remplie de protéines et de fibres, inspirée de la cuisine coréenne. Vous pouvez expérimenter avec différents légumes, comme le brocoli ou la courgette!



# Servings/De portions : 2

Serving size/Grandeur des portions : 2 cups/tasses (~340 g)

Prep time/Préparation: 20 minutes  
Total time/Temps total: 30 minutes

### Ingredients

### Volume

- Cooked green lentils/Lentilles vertes cuites ..... 1 cup/tasse  
**OR** Dry green lentils/ **OU** Lentilles vertes sèches 1/3 cup dry green lentils + 1 cup water/  
1/3 tasse lentilles vertes sèches+ 1 tasse d'eau
- Cooked quinoa/Quinoa cuit ..... 1 cup/tasse  
**OR** Dry quinoa/ **OU** Quinoa sec 1/3 cup dry quinoa + 2/3 cup water/  
1/3 tasse quinoa sec+ 2/3 tasse d'eau
- Water/Eau ..... 1/4 cup/tasse
- Sriracha sauce/Sauce Sriracha..... 1 Tbsp/C. à table
- Canola oil/huile de canola ..... 1 1/2 tsp/C. à thé
- Mushrooms, sliced/Champignons, en tranche ..... 1 cup/tasse
- Red bell pepper, sliced/Poivron rouge, en tranche..... 1/2 cup/tasse
- Carrots, matchstick/Carottes, en bâtonnet..... 1/2 cup/tasse
- Green onion, diced/Oignon vert, en cube..... 1/2 cup/tasse
- Eggs/Oeufs..... 2 eggs/oeufs
- Rice vinegar/vinaigre de riz..... 1 tsp/C. à thé
- Soy sauce, low sodium/Sauce soya, faible en sodium..... 1 tsp/C. à thé
- Sesame Oil/Huile de sésame..... 1 tsp/C. à thé

| Nutrition Facts                         |  | Valeur nutritive    |  |
|---|--|---------------------|--|
| Per 1 (340 g) / par 1 (340 g)           |  |                     |  |
| Amount                                  |  | %Daily Value        |  |
| Teneur                                  |  | %valeur quotidienne |  |
| <b>Calories / Calories 410</b>          |  |                     |  |
| <b>Fat / Lipides</b> 13 g               |  | <b>20 %</b>         |  |
| Saturated / saturés 2.5 g               |  | <b>12 %</b>         |  |
| + Trans / trans 0 g                     |  |                     |  |
| <b>Cholesterol / Cholestérol</b> 185 mg |  | <b>62 %</b>         |  |
| <b>Sodium / Sodium</b> 340 mg           |  | <b>14 %</b>         |  |
| <b>Carbohydrate / Glucides</b> 53 g     |  | <b>18 %</b>         |  |
| Fibre / Fibres 10 g                     |  | <b>40 %</b>         |  |
| Sugars / Sucres 8 g                     |  |                     |  |
| <b>Protein / Protéines 23 g</b>         |  |                     |  |
| Vitamin A / Vitamine A                  |  | 40 %                |  |
| Vitamin C / Vitamine C                  |  | 70 %                |  |
| Calcium / Calcium                       |  | 8 %                 |  |
| Iron / Fer                              |  | 45 %                |  |
| Folate / Folate                         |  | 80 %                |  |

Contains: eggs, sesame, wheat  
Contient: oeufs, sésame, blé

### Directions:

- Combine dry lentils with water. Bring to a boil, cover, reduce heat and simmer for 15-20 min until tender. Drain any excess liquid.
- Bring water to a boil. Add dry quinoa, reduce heat, cover and simmer 12-15 min until water is absorbed. Take off heat and leave cover on for 5 min.
- Combine rice vinegar, soy sauce and sesame oil in small bowl.
- Combine cooked lentils and quinoa, water, and sriracha in a small saucepan. Simmer on medium heat, stirring often for 3-5 min., or until water is absorbed. Set aside.
- Heat 1/2 tsp oil in a small pan. Add mushrooms and 1/3 of soy sauce mix. Briefly saute for 2-3 min. on high heat until softened. Set aside. Return pan to heat and repeat with bell peppers. Return pan to heat, add carrots and 1/3 soy sauce mix, and saute briefly for 1-2 min. on medium heat until warm. Set aside.
- To assemble bowls: Place 1 cup (250 mL) lentils and quinoa in the center of each bowl. Arrange vegetables around in equal piles. Top with a fried egg.

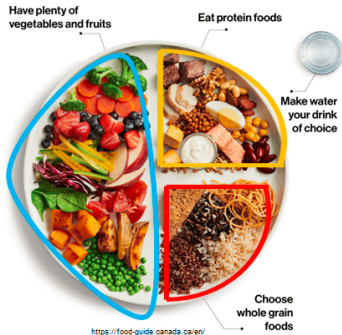
### Préparation:

- Mélanger les lentilles sèches avec de l'eau. Porter à ébullition, couvrir, réduire le feu et laisser mijoter 15-20 min jusqu'à ce que les lentilles soient tendres. Égoutter.
- Porter l'eau à ébullition. Ajouter le quinoa sec, réduire le feu, couvrir et laisser mijoter 12-15 min jusqu'à ce que l'eau soit absorbée. Retirer du feu et laisser le couvercle pendant 5 min.
- Mélanger le vinaigre de riz, la sauce soya et l'huile de sésame dans un petit bol.
- Mélanger les lentilles et le quinoa cuits, l'eau et la sriracha dans une petite casserole. Laisser mijoter à feu moyen, en remuant souvent pendant 3 à 5 min., ou jusqu'à ce que l'eau soit absorbée. Mettre de côté.
- Chauffer 1/2 c. à thé d'huile dans une petite poêle. Ajouter les champignons et 1/3 du mélange de sauce soya. Faire sauter brièvement 2 à 3 min. à feu vif jusqu'à ramollissement. Mettre de côté. Remettre la poêle à chauffer et répéter avec les poivrons. Remettre la poêle à chauffer, ajouter les carottes et 1/3 de mélange de sauce de soya et faire sauter brièvement pendant 1-2 min. à feu moyen jusqu'à ce qu'elles soient chaudes. Mettre de côté.
- Pour assembler les bols: Placer 1 tasse (250 ml) de lentilles et de quinoa au centre de chaque bol. Disposez les légumes autour en tas égaux. Garnir d'un œuf à la poêle.

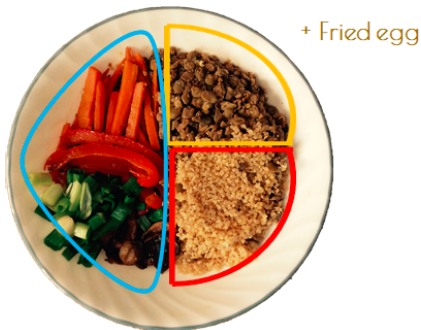


# Korean-Style Lentil Bowl

## Balanced plate



Canada's food guide



Korean-style lentil bowl/

### Why aim for a balanced plate?

The different components (vegetables, protein food and whole grain) are providing a **mix of vitamins and minerals**. For example, the vegetables in this dish together are a good source of **vitamin A**, (for vision health), **potassium** (for muscle contractions and water balance) and **vitamin K** (for blood clotting in cases of wounds). The lentils and egg are a good source of **folate** (for tissue growth) and **protein** (for building and repairing tissues). The quinoa is providing **vitamin B6** (for brain and body metabolism). All have **fibre** (for gut health). Each component contributes to your overall health.

## Meal Prepping Tips

### 1. Plan your grocery list ahead, use seasonal produce

Lower your food costs by using apps and flyers to check what's on sale. Fruits and vegetables tend to be cheaper when bought in season.

### 2. Choose simple recipes

These recipes take less time to make and you can swap ingredients for ones you like.

### 3. Choose options you can freeze

Soups, stews, curries, muffins and more store well in the freezer. You can reheat on days when you don't have time to prepare a meal.

### 4. Focus on food groups for balanced meals

By having fruits and vegetables, protein foods and whole grains in stock, you can easily throw together a balanced meal.

### 5. Maximize your time

Prepare recipes with similar ingredients or cooking methods together.

### 6. Have fun, explore new recipes and experiment!

### Minimize the time food spends in the temperature danger zone (between 4-60°C)!

#### Some resources

- **Grocery store flyer:** Flipp app, sosuisine.com
- **Quebec seasonal produce:** <http://collections.banq.qc.ca/ark:/52327/bs1867796>
- **Recipes:** [lentils.org](http://lentils.org), [cookspiration.com](http://cookspiration.com), [mealime.com](http://mealime.com)
- **Food safety:** <https://www.canada.ca/en/health-canada/services/general-food-safety-tips.html>

## Food Safety Tips

### Storage

1. Make sure your fridge and freezer are set to the correct temperature

**Fridge: 4°C or lower**

**Freezer: -18°C or lower**

2. Store food in shallow containers to speed up the cooling process; wait until there's no steam before putting leftovers in the fridge

3. Most leftovers can be kept for **3-4 days** in the fridge, while soups **2-3 days**.

### Reheating

1. Thaw frozen leftovers in the fridge or microwave

2. Check that your food's internal temperature is **74°C**. Bring foods to a rolling boil when reheating.

3. Portion what you'll eat as it's recommended to reheat foods once only