

Farro & Beluga Lentil Pilaf

Ingredients:

Amount (1, .50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
¼	cup	extra-virgin olive oil more for garnish	
1	cup	shallots	finely chopped
2		dried chiles de árbol	broken, seeded, and stemmed
1		bay leaf	dried
		sea salt	
1 ½	cups	pearled or semi- pearled farro	rinsed
2	tsp	thyme leaves fresh (or 1 tsp. dried)	
2 ½	cups	vegetable broth	preferably homemade
¾	cup	dried beluga lentils	picked over and rinsed
2	medium	red onions	quartered and thinly sliced
2	tbsp	balsamic vinegar	
1	cup	scallions	thinly sliced white & green parts
¾	cup	carrots	grated use large holes on a box grater
½	cup	fresh cilantro	chopped
1 ½	tbsp	unseasoned rice vinegar	

Recipe Instructions:

1.

Recipe Notes :

<http://edn.link/nz76px>