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**Carrot and Cashew Fan**  
(On a Bed of Hot Puy Lentil and Dill Salad with Orange and Cardamom Sauce)  
Serves 4

**Vegan**

**Preparation time**      **40 minutes**

**Cooking time**         **40 minutes**

**Ingredients**

500g	carrots, peeled and diced
110g	onion, sliced
220g	cashew nuts, finely ground
125g	white breadcrumbs
7tbsp	chopped fresh dill
3½ tbsp	vegetable oil
150g	dried puy lentils, washed
3	large, juicy oranges
12	cardamom pods, split down one side, but not opened
2 – 3	cloves garlic, crushed
2½ tsp	pomegranate molasses
To taste	salt and pepper

**Garnish**

Dill and pomegranate seeds to garnish

**To make the fan**

Preheat oven to Gas 6 / 200C.

- 1      Finely blend carrot and onion, mix with nuts, crumbs, 4tbsp dill and seasoning, until moist and clumping together.
- 2      Divide mixture between two 20cm, greased, lined sandwich tins, press down, brush each with 1½ tbsp oil.
- 3      Bake for 35 mins until firm and crispy. Stand for 5 mins, turn out to serve.

**To make the lentil mixture**

- 1      Put lentils, peel of ½ an orange and 6 cardamom pods into a pan.
- 2      Cover with boiling water, add salt, cover and simmer for 15 – 20 mins until 'al dente'. Drain, removing cardamom pods and orange peel.
- 3      Mix garlic, 3 tbsp orange juice, 1 tsp pomegranate molasses, 3 tbsp chopped dill and ½ tbsp vegetable oil. Season well and mix with lentils.

**For the sauce**

- 1      Grate zest of 1 orange into a saucepan.



- 2 Add juice from remaining oranges, 6 cardamom pods, 1½ tsp pomegranate molasses and 2 tbsp water.
- 3 Boil then simmer until mixture reduces by about two thirds.

**To serve**

- 1 Cut each fan into 8 wedges.
- 2 Top each mound of lentils with 4 overlapping wedges, crispy side up.
- 3 Drizzle with sauce, garnish with dill and pomegranate seeds.

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