

Marinated Lentils with Lemony Broccolini and Feta

BY ANDY BARAGHANI

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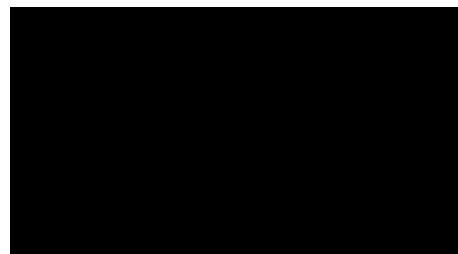
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Photo By Chelsie Craig, Food Styling By Kat Boytsova

The broccolini doesn't need any pre-roast browning and there's barely any chopping—just assemble and let the oven do the work. This healthy, hearty dish can be a warm vegetarian main or a cold lunch left to marinate in the fridge over night—the spiced oil is even better the next day. (We might even suggest doubling the recipe to have a little extra to drizzle over whatever else you're planning to eat that week.) This dish is part of the [Bon Appétit Guide to Actually Enjoying Your Lunch at Work](#). Find more recipes, tips, and tricks [here](#).

Ingredients

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4 servings

2 tsp. coriander seeds
2 tsp. fennel seeds
1 red chile (such as Fresno or Holland), thinly sliced
2 garlic cloves, thinly sliced
½ cup plus 3 Tbsp. extra-virgin olive oil
Kosher salt
1½ cups black beluga or French green lentils, rinsed, picked through
2 bunches broccolini (about 1 lb.), trimmed, halved lengthwise
½ lemon, very thinly sliced, seeds removed
¾ cup finely chopped dill, mint, and/or parsley
2 Tbsp. sherry vinegar or red wine vinegar
4 oz. feta, sliced

SPECIAL EQUIPMENT

A spice mill or mortar and pestle

Preparation

Step 1

Preheat oven to 450°. Coarsely grind coriander and fennel seeds in spice mill or mortar and pestle.

Step 2

Transfer spice mixture to a small skillet and add chile, garlic, and ½ cup oil. Set over medium heat and cook, shaking pan occasionally, until garlic is golden brown and chile slices have shriveled slightly, about 5 minutes. Season spiced oil lightly with salt and transfer to a small bowl.

Step 3

Cook lentils in a large saucepan of simmering salted water until tender but still firm, 20–25 minutes. Drain and transfer to a medium bowl.

Step 4

While lentils are cooking, toss broccolini and lemon on a rimmed baking sheet with remaining 3 Tbsp. olive oil; season with salt. Roast, tossing halfway, until broccolini is charred in spots and lemon is softened, 7–9 minutes.

Step 5

Pour half of the reserved spiced oil over warm lentils. Add herbs and vinegar, season with salt, and toss to coat.

Step 6

Divide lentils among bowls and top with broccolini, lemon, and feta. Spoon remaining spiced oil over.

Step 7

Do Ahead: Lentils (without herbs and vegetables) can be marinated 3 days ahead. Cover and chill.

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How would you rate Marinated Lentils with Lemony Broccolini and Feta?



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This dish was delicious and simple. It has easily worked its way into the rotation.

EMILIE • BROOKLYN, NY • 1/21/2022

Delicious lunch. Love these French lentils. I'm on a whole plant food diet (no SOS salt oil sugar) so I used tofu feta tofu was marinated in 1/4 cup lemon juice, tablespoon oregano, 1/4 cup cider vinegar, 1/2 cup water) which turned out great. I omit oil and sauté in water. Delicious and good for my heart ❤.

ANONYMOUS · BOSTON · 9/7/2021

Absolutely delicious!

LORIDP · VANCOUVER BC · 9/3/2021

It was fabulous, we used halloumi instead. The oil is everything!! Made it twice in the same week! I used chipotle peppers, limes instead of lemons, and broccolini This recipe has a solid foundation so sensible replacements work.

WENDYPELOYOGI · NEW ROCHELLE, NY · 4/13/2021

Delicious! I somehow forgot to get lemons so I used Szechuan peppercorns and substituted the fresno chile with aleppo pepper, and it was still so good. Next time I'll try it as is. This one is a keeper.

BRAD · VANCOUVER, BC · 3/26/2021

Fantastic! I used a Serrano instead but still a stellar recipe

POB · 3/11/2021

Somehow...maybe...the best recipe I've ever made from BA? Literally the only thing I would change is not roasting lemon slices but instead using lemon juice, I highly suspect I used the wrong lemons because it was a bit bitter but otherwise this is the perfect recipe. You're not even ready for this. Serve with grilled bread to scoop up the last of the lentils at the end, amazing. And your recipes have yet to fail me!

HALLE · SEATTLE, WASHINGTON · 3/4/2021

When I made it, I burned my food till it was black and it tasted really bad.

ANDRES PEREZ · WUHAN CHINA · 2/14/2021

Delicious, really liked it. Served with roasted chicken

SAM · TORONTO · 12/9/2020

So delicious! I made it once with what I had to hand (spinach instead of broccolini, halloumi instead of feta, and red lentils instead of the firmer options, and red chili flakes instead) and it STILL came out wonderful. A kind of warm tasty bowl.

Lemon added nice brightness. Second time I followed the recipe almost to a T, save for the herbs (which I didn't have) and still using red chili flakes. Firmer, more textural, tastes same: delicious! Agree with others that it is the OIL that makes this dish; might try experimenting with it and other combos soon :)

ANONYMOUS · BOSTON MA · 9/7/2020

We absolutely love this recipe - and always double it for the amazing lunch leftovers. Seems like it's going to be too much oil, but it's perfect as written.

ANONYMOUS · WASHINGTON, DC · 8/17/2020

Sweet baby jesus this was a good one. Only modifications I did was Jalapeños instead of red chili - turned out amazing. I followed all the other instructions step by step. The recipe sounded kind of boring to me but oh my god, it tastes heavenly with some french green lentils. It's so simple but all the flavors work so well together. Definitely use 1/2 cup of some good EVOO too, I think that makes a big difference. And fresh herbs as well.

UNKAVEH · ATLANTA, GEORGIA · 7/17/2020

I LOVE this recipe. I've never ground my own herbs before and the freshly ground coriander and fennel were such a treat! Doing this has opened my eyes to even more flavor possibilities. Thanks so much!!

JOCELYN KORAB · BOSTON, MA · 7/5/2020

Great recipe - started it, realized I didn't actually have lentils, so I used wheatberries instead. I poured the hot oil over sliced radishes and then mixed in the wheatberries. A great method that is clearly very adaptable for quarantine times!

ANONYMOUS · PHILLY · 5/29/2020

Made this with French green lentils (1 cup was plenty) regular

broccoli (florets and sliced stems), 1 jalapeno, and a mix of cilantro and parsley for the herbs. It is a bit of a project, but was totally worth it! The oil makes the dish, and the feta is vital. Eating warmed leftovers with a little avocado thrown in today - very good! I think you could throw some toasted pine nuts on top, as well.

LAURIE HEIL • HUNTINGTON BEACH, CA • 4/22/2020

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