

Lentil Pâté with Apples

1 Tbsp. extra-virgin olive oil
1 large shallot, minced
1 large clove garlic, minced
1/3 cup pumpkin seeds
sea salt and freshly ground black pepper
1 cup cooked lentils
1 1/2 tsp apple cider vinegar
1 tsp coconut oil
1 Tbsp. finely chopped fresh parsley
1 tsp. finely chopped fresh thyme
1 tart apple



In a small skillet warm olive oil over medium heat. Add shallot; sauté until soft and lightly golden, about 4 minutes. Add garlic and sauté for 1 minute longer.

In a mini food processor combine 1/4 cup pumpkin seeds and a pinch of salt; pulse until finely chopped. Add lentils, vinegar and shallot mixture; season generously with salt and pepper. Pulse to combine. Add 2 to 3 tsp. water; pulse until smooth. Transfer to a small bowl and stir in coconut oil, parsley and thyme. Cover and refrigerate for at least 2 hours or up to overnight.

Just before serving, core and cut apple into thin wedges. Spread 1 tsp pâté over each apple slice. Chop remaining pumpkin seeds, sprinkle over apple slices and serve.

Recipe by Jo Franks