

Blackened Onion and Lentil Pilaf from KellyintheKitchen

INGREDIENTS

1/2 cup French lentils
2 cups stock or water (I used homemade vegetable stock)
bay leaf
1/2 onion, sliced
olive oil
salt and pepper
1/3 cup red quinoa (really this will work with any grain)

DIRECTIONS

Add lentils, 1 1/2 cups stock or water, and bay leaf to a pan and bring to a boil. Then reduce to a simmer and cook until lentils are tender, about 30-40 minutes. Remove the bay leaf, drain any excess liquid, season with salt and pepper, and set aside.

Meanwhile, heat olive oil in a frying pan and add the onions. Cook over medium low, stirring occasionally. When they start to take on a slightly blackened color, add a shallow layer of stock or water to the pan, to help them soften and brown rather than dry up and turn black. If you want them on the more charred side, use less stock; if you like them totally browned and almost caramelized use a bit more stock. Turn the fire down to low and cook the onions until they're a deep brown-black and the liquid is almost totally reduced.

Cook the quinoa according to package directions. I recommend cooking the quinoa in any remaining stock you have on hand, as this really perks up the flavor of quinoa and makes it way more flavorful than when it's cooked with water.

When everything is cooked, assemble. Mix the lentils and quinoa and make sure to season with salt and pepper. Spoon them into your bowl or serving dish and top with the onion strings. Add another sprinkle of salt to the onions and that's it!