

Summer Bowl with Minty Green Yogurt Sauce

Yield Serves 4 | Prep & cook time 15 to 30 minutes

Minty Green Yogurt Sauce

1 cup (25g) packed fresh mint leaves

½ cup (130g) plain yogurt

2 tablespoons (25g) well-stirred tahini

Juice from 1 lime

1 tablespoon (12g) olive oil, plus extra for drizzling

¾ teaspoon kosher salt

½ teaspoon honey

12 ounces crisp, ripe cucumbers, or 1 large English cucumber, sliced into half moons or any other bite-sized shape

2 cups cooked lentils, warm or at room temperature, preferably black or green ones

2 cups cooked quinoa, rice, or other grain, warm or at room temperature

1 or 2 scallions, green and white parts, thinly sliced

1 ripe avocado, cubed

Flaky salt and freshly ground pepper, for finishing

A variety of cucumbers is excellent here — Armenian cukes, lemon cukes, Persian cukes, Kirbies... whatever is ripe and in season. And if you don't like the seeds, just scoop them out.

If you have a scale, just set your blender pitcher on it and weigh the ingredients directly in it.

lukasvolger.substack.com

1. To make the yogurt sauce: Combine the mint, yogurt, tahini, half of the lime juice, olive oil, salt, and honey in a blender and process until very smooth. If needed, add water a teaspoon or two at a time to get the mixture moving in your blender. Add additional lime juice and salt to taste. The sauce can be made up to a day in advance, but it will oxidize slightly and its seafoam green color will dull a bit; it will also thicken.

2. To serve, you can either toss the yogurt sauce with the other ingredients in a mixing bowl, or arrange the components for more of a “bowl style” presentation: Smear the yogurt sauce over the base of 1 large shallow serving bowl or among 4 individual ones, then make piles of the cucumbers, lentils, quinoa, avocado, and scallions on top of the sauce; at the table, it'll become dressed as it's served or eaten. Drizzle with a bit of extra olive oil and sprinkle flaky salt and pepper over everything, too.

To cook quinoa: In a small saucepan, bring 1 cup quinoa (rinsed, if necessary) and 1 ½ cups water to a boil. Cover and cook on very low heat for 16 to 18 minutes, until the liquid is absorbed and the grains are tender.

To cook lentils: In a saucepan, bring 1 cup rinsed lentils and about 3 cups water to a boil. Season with 2 teaspoons salt, partially cover the pan, and reduce the heat to a gentle simmer. Cook for 15 to 20 minutes, until the lentils are just tender.