Greek Dolma Bowl with Tzatziki

• 1/4 lemon juice

• 1/4 teaspoon salt

Cook Time: 0 min Ingredients:	prep Time: 0 min	total Time: 0 min	servings: 6
Lentils & Rice:			
• 2 tablespoons ol	ive oil		
1 medium onion, finely chopped			
• 1 cup brown lent	ils		
• 3/4 cup long-grain white rice			
• 1/2 cup chopped	I vine leaves		
• 1/4 cup vine leav	ves brine		
• 1/2 teaspoon sal	t		
• 1/8 teaspoon bla	ick pepper		
• 1/2 cup fresh mint, chopped			
• 1/2 cup fresh dill, chopped			
• 1/2 cup toasted	oine nuts		
• 1/4 cup golden r	aisins		
Dressing:			
• 1/4 cup olive oil			

• 1/8 teaspoon black pepper
• 1/4 teaspoon lemon zest
• 1 garlic clove, crushed
Tzatziki:
• 1 cup raw cashews, soaked for 3 hours
• 1/2 cup water
• 2 teaspoons lemon juice
1 tablespoon apple cider vinegar
• 2 small cucumbers, roughly chopped
2 tablespoons onion, grated
3 tablespoon fresh mint, chopped
3 tablespoon fresh dill, chopped
• 1 clove garlic, crushed
• 1/2 teaspoon salt or to taste
• 1/4 teaspoon black pepper
Instructions:
 In a large saucepan over medium heat, add the oil then sauté the onions until soft and translucent, about 4-5 minutes.
2. Add the lentils and enough water just to cover, about 1 1/2 cups. Let cook for 15 mins.

- 3. Add the rice with the chopped vine leaves, brine, about 2 1/2 cups water, salt and pepper. Stir and then cover for about 30mins until the rice is cooked through. Add more water if during cooking the saucepan is dry and the rice is not cooked through.
- 4. Meanwhile make the tzatziki

 add the drained cashews with the water, lemon juice and vinegar and blend until smooth. Transfer to a bowl and add the remaining ingredients. Mix well. Taste for seasoning adding more salt, pepper or lemon juice. Cover and keep refrigerated.
- 5. Once the rice is cooked, remove from the heat and let cool to room temperature. Meanwhile make the dressing by mixing all the dressing ingredients together.
- 6. Before serving, add the mint and dill to the rice and mix through. Add some of the pine nuts and raisins and mix again. Add about half the dressing and mix. Taste and only add more dressing if needed.
- 7. Transfer to a serving dish and sprinkle on more of the pine nuts and raisins. If serving family style, keep the tzatziki on the side. If serving in individual dishes, dollop the tzatziki on top as pictured.

Notes:

If you plan to use brown rice, add it at the beginning with the lentils as it takes longer to cook than white rice.