
Greek Dolma Bowl with Tzatziki

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 6

Ingredients:

Lentils & Rice:

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 cup brown lentils
- 3/4 cup long-grain white rice
- 1/2 cup chopped vine leaves
- 1/4 cup vine leaves brine
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup fresh mint, chopped
- 1/2 cup fresh dill, chopped
- 1/2 cup toasted pine nuts
- 1/4 cup golden raisins

Dressing:

- 1/4 cup olive oil
- 1/4 lemon juice
- 1/4 teaspoon salt

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- 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:

1. 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.
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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.