



## The Most Delicious, Freshest, Fast Lentils You'll Ever Make

Looking for a fast, hearty, protein-packed meal that tastes like you put in the effort (even when you're short on time)? These Quick & Easy Fillo's Peruvian Lentils are a lifesaver. We start with a pre-seasoned pouch of Fillo's lentils, then level up the flavor with sautéed onions, juicy garden tomatoes, a squeeze of bright lime, and a sprinkle of fresh cilantro. It's nourishing, delicious, and on the table in minutes — perfect for meal prep or those days you need real food, fast.

Choose organic produce whenever possible.

### Ingredients

2 pouches Fillo's Peruvian Lentils  
1 large yellow onion, diced  
3 fresh tomatoes, chopped  
Juice of 1 lime  
Fresh cilantro, chopped (to taste)  
Vegetable broth (for sautéing)

### Instructions

1. Warm a skillet over medium heat and add a splash of vegetable broth.
2. Add the diced onion and sauté until soft and fragrant, adding more broth as needed to prevent sticking.
3. Add the Fillo's lentils and mix well to combine. If the mixture feels thick, add a little more broth to reach your desired consistency.
4. Stir in the chopped tomatoes and cook for 2–3 minutes, until they begin to soften and release their juices.
5. Heat through for about 5 minutes, stirring occasionally.
6. Turn down the heat and squeeze fresh lime juice over the top, then stir.
7. Garnish with cilantro and enjoy warm.

### Optional Serving Ideas

- Spoon over cauliflower rice or a baked sweet potato
- Serve with a simple green salad
- Add sliced avocado for extra creaminess

Bon Appetit!