



Recipe

Lentil salad

- kitchen -

Recipe serves - 4 people

Ingredients	Amount	
Puy or green lentils	150	grams
Thyme sprig	1	sprig
Bay leaf	2	leaves
Garlic clove, peeled	2	cloves
Red onion, peeled and roughly chopped	1/2	onion
Granny smith apple, cut into 1-2mm cubes	1/2	piece
Celery stalks, cut inot 1-2cm cubes	2	stalks
Cherry tomatoes halved	1/2	cup
Spring onions (finely sliced-only white part)	4	spring onions
Mint leaves	6	leaves
Dressing		
Olive oil	6	tablespoons
Lemon juice	3	tablespoons
Dijon mustard	1 1/2	teaspoons
Balsamic vineger	2	tablespoons
Crushed black pepper	1/4	teaspoon
Sea salt	3/4	teaspoon



NOTES

Instructions

1. Place the apple cubes in water and a little lemon juice until ready to use.
2. Boil the lentils in a large pot with the whole garlic cloves, thyme sprig and bay leaves for 20 minutes or just until soft (not too soft). Drain discarding the garlic, bay leaf and thyme and rinse with cold water and place in the fridge.
3. In a bowl, mix all of the dressing ingredients together well and taste.
4. In a serving bowl, add the lentils with celery, red onions and spring onions.
5. In a frying pan, sauté the cherry tomatoes on high heat for 2-3 minutes with a drizzle of olive oil.
6. Add the sautéed tomatoes and drained apples to the lentils and drizzle the dressing on top. Mix well and add the mint leaves and mix again.