

Lentil Salad Recipe

Lentil salad is a lovely alternative to potatoes, pasta or rice as well as being very nutritious. You can use dried or tinned lentils.

Ingredients

200g green lentils.

Half red onion.

Any veg you have - a piece of cauliflower, a courgette, aubergine, red pepper, a couple of carrots..

1 lemon

Olive or sunflower oil

Salt and pepper

Fresh herbs if available - parsley, basil, mint

1 clove garlic

Smoked paprika, coriander seeds (optional)



Method

If you are using dried lentils put in a pan of cold water, bring to the boil and simmer according to the instructions on the packet. Usually around 20 mins. I add a clove of garlic and a parsley stalk to the pan whilst they are simmering. Drain and cool.

You can use any veg for this. I roasted a diced aubergine with a teaspoon paprika and coriander seeds, salt and olive oil for about 15 mins in a medium oven. You can roast cauliflower, leek, carrots .

If you don't want to roast vegetables, just add some sweetcorn or cooked peas to the lentils.

Once the vegetables are roasted stir into the lentils. Crush the garlic clove and add to the salad.

Chop or slice your red onion and mix in with the juice of a lemon, enough oil to dress the lentils then season with salt and pepper to taste.

Freshly chopped herbs are lovely if you have them.

Dried mint makes an excellent alternative. Half a teaspoon is perfect.

Yoghurt Dressing

Just add some lemon or lime juice and salt to a small amount of plain yoghurt - around 150ml or half a small pot.

