

Puy Lentil Salad

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This is one of the simplest and tastiest salads that you'll ever make. Puy lentils combine with red onion, mozzarella, salad leaves, roasted peppers and sunblushed tomatoes to create a deliciously filling meal perfect for lunch or dinner.

Ingredients:

225g Puy lentils
1 red onion
200g mixed green salad with rocket leaves
2 large mozzarella balls
16 sunblushed tomatoes
150g roasted red peppers, from a jar
2 lemons
Extra-virgin olive oil
Salt and pepper

Directions:

1. Cook the lentils in simmering water for around half an hour. Drain and set to one side.
2. Meanwhile, get on with the rest of the salad. Finely slice the red onion, roughly slice the red peppers and slice the tomatoes in half.
3. Juice the two lemons. Soak the red onion in half of the lemon juice for five minutes; with the rest of the lemon juice, whisk with olive oil until it is to your taste. Add salt and pepper to taste and set to one side.
4. Rip the mozzarella balls into rough chunks and toss with the green salad, tomatoes, red pepper slices, red onion and cooked Puy lentils.
5. Dress with the lemon dressing and serve.

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