

Warm de Puy Lentil Salad

Serves: 6

From the Garden: red onion, flat leaf parsley/coriander, carrot, orange

Ingredients:

250g de puy lentils
1 large carrot
1/2 red onion
flat leaf parsley and/or coriander
Sea salt and freshly ground black pepper
1/4 cup olive oil
Juice and rind of 1 orange

Equipment:

Basic toolbox, chopping board, medium saucepan, non-stick frying pan, strainer, large mixing bowl, whisk

Method:

1. Place lentils into strainer and wash under cold water. Then drain.
2. Place the lentils in a medium saucepan with 4 cups of water.
3. Place saucepan on stove burner on high heat, bring to the boil.
4. Reduce heat, cover with a lid and simmer for 30 mins.
5. ***Remove saucepan from heat*** and drain lentils into a strainer. Rinse lentils under cold water for a couple of minutes to cool lentils down. Drain well and place in a large mixing bowl.

While the lentils are cooking...

6. Wash and dry carrot and parsley/coriander.
7. Peel carrot and cut into thin batons (julienne).
8. Peel onion and chop into a fine dice.
9. Cook onions and carrots in 2 tbsp of olive oil on medium heat for 5-6 minutes. Add these to the bowl of lentils.
10. Chop the parsley/coriander finely and place in bowl.
11. Grate orange rind into bowl of lentils too.
12. Next, squeeze orange juice into a small bowl and add olive oil. Add a sprinkle of sea salt and a grinding of black pepper. Whisk together and pour this over the lentils.
13. Serve lentil salad in a salad bowl and garnish with some extra parsley/coriander.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "Super Food Ideas" Magazine, recipe by Dixie Elliott