

SPICY LENTIL SALAD



Food Fact:-

Lentils are a good source of protein and also B vitamins. They are also good for helping to reduce cholesterol levels.

Preparation time 10 MINS

Serves 4-6

Cooking time 0 MINS



Ingredients

1. If using dried lentils wash and place in a large bowl, add water until just covered. Cover bowl and cook on FULL power for 10-12 minutes or until lentils are soft, drain and allow to cool. If using canned lentils rinse and drain well.

2. Whisk together the oil, vinegar, oregano, cumin, garlic and season with black pepper

3. Toss the lentils together with the dressing, mint, pepper and onion. Leave to stand for 10 minutes.

4. Serve garnished with the feta cheese and olives.

400g dry lentils or 400g can cooked lentils

1/4 teaspoon dried oregano

3 tablespoons olive oil

3 tablespoons balsamic or red wine vinegar

2 garlic cloves, finely chopped or crushed

1/2 teaspoon ground cumin

1 small red onion, finely diced

1 medium red pepper, seeded and finely diced

3 tablespoons fresh mint, chopped

170g feta cheese, diced. Black olives