

Mediterranean lentil salad

Preparation time 10 minutes

Ingredients:

1 cup Puy lentils (or use canned, well rinsed)
2 cups cold water
2 bay leaves (optional)
2 tbsp. sun dried tomatoes in oil, finely chopped
½ red onion, finely chopped
2 tbsp. black pitted olives, chopped
2 handfuls rocket, watercress or other seasonal greens, roughly chopped
Large handful fresh parsley, finely chopped
1/3 block feta

Dressing

3 tbsp. extra virgin olive oil
1 tbsp tahini
2 tbsp. red wine vinegar
1 clove garlic, crushed or grated
Pinch dried oregano (optional)

Directions:

- Rinse lentils in sieve. Place in a saucepan with 2 cups of water and bay leaves and bring to the boil. Simmer in a covered pan for 20 – 25 minutes until cooked but still firm. Add more water if necessary
- Place dressing ingredients in a bowl and whisk together. Add the sun-dried tomatoes, onion, olives and mix well
- Allow lentils to cook, then add to salad bowl with greens and parsley. Season well, mix gently, top with feta and serve.

Add in other season vegetables if you have them. Peppers and green beans are a great addition. Stores in fridge for 2 days, making it a perfect lunch for work