



Recipe name: Beluga® lentil and chorizo salad

Serves 2

Ingredient	Measurement	Weight
Beluga® lentils (LEN004)	Packet	1
Diced chorizo (SAU037)	g	200
IQF diced grilled red pepper (VEG232)	g	50
Piquillo pepper (PEP153)	g	100
Rocket (chopped)	g	50
SunBlushed® tomatoes (TOM150)	g	75
Dressing		
Clove of garlic	clove	¼
Dijon mustard (MST697)	1	tsp
Lemon juice (JUI041)	90	ml
Olive oil (EVO203)	180	ml
Seasoning		

Method

1. To make the dressing peel and finely chop the garlic, put the garlic, Dijon mustard, lemon juice, olive oil and seasoning into a bowl a whisk until all incorporated.
2. Cook the chorizo for a few minutes until slightly crisp, drain off some of the excess oil.
3. Finely dice the red pepper and finely chop the rocket.
4. Put the Beluga® lentils into a bowl and break-up slightly, add the chorizo, red pepper, piquillo pepper, rocket, dressing and mix together.
5. Put in a serving dish and top with SunBlush® tomatoes.