



### **Recipe Name: Puy lentil and tomato salad**

#### Ingredients:

- 2 x pouches of puy lentils
- 1 x juice of lime
- 1 x juice of lemon
- 1 x large red onion sliced thinly
- 30g x coriander chopped
- 30g x chopped parsley
- 200g SunBlush® tomatoes
- 200g Red cherry tomatoes halved
- 200g rocket chopped

#### Dressing

- 4 tbsp x olive oil
- 1 tsp x cumin
- 4 tbsp x mango chutney

#### Method

1. Make the pickled onions by mixing the citrus juices, vinegar and salt then mix together with the onions.
2. Make the dressing by mixing all the dressing ingredients together
3. Take a large bowl, empty the puy lentils in and break up
4. Add all the other ingredients together keeping to one side some of the pickled onions to top the salad
5. Top the salad with the reserved onions