



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

LEATHAMS PRODUCTS

LEN114	MG RTE Puy Lentils	250g
JUI102	Lime Juice	3.7L
JUI100	Lemon Juice	16L
TOM162	Sunblush® Tomatoes	240g
CHU025	Sweet Mango Chutney	5Kg
EVO203	MG Chefs Extra Virgin Olive Oil	750ml