

Puy Lentil & Tomato Salad

YOU WILL NEED

- 2 pouches Merchant Gourmet Puy Lentils (LEN114)
 - juice of 1 lime (JUI001)
 - juice of 1 lemon (JUI041)
 - 1 large red onion sliced thinly
 - 30g coriander chopped
 - 30g parsley chopped
 - 200g SunBlush® tomatoes (TOM230)
 - 200g red cherry tomatoes halved
 - 200g rocket chopped
 - 500ml white wine vinegar (VINO15)
- Dressing:
- 4 tbsp olive oil (EVO203)
 - 1 tsp cumin
 - 4 tbsp mango chutney (CHU025)



SERVES 2

APPROX 20 MINS

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PROCEDURE

Make the pickled onions by mixing the citrus juices, vinegar and salt, then mix together with the onions

Whisk all the dressing ingredients together

Empty the puy lentils into a large bowl and break up

Add all the other ingredients together (keeping to one side some of the pickled onions to top the salad), and mix

Top the salad with the reserved onions



TOP TIP

Why not try this with some of our other Merchant Gourmet lentils and grains!

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