

# Tomato & Lentil Salad



Serves 2



10 minutes



Summer/Autumn



Tomatoes, capsicum, basil, parsley & garlic

## INGREDIENTS:

- 1 x 400g tinned lentils, rinsed well
- 300g mixed heirloom tomatoes, roughly diced
- 1 red capsicum, de-seeded and roughly chopped
- 1/2 red onion or shallot, finely sliced
- 2 tablespoons roasted almonds, chopped
- Generous handful of basil and parsley, roughly chopped

## OPTIONAL EXTRAS:

- 1 small tin of anchovies
- 2 soft boiled eggs

## DRESSING:

- 2 tablespoons extra virgin olive oil
- 1 tablespoons sherry or red wine vinegar
- 1 teaspoon Dijon mustard
- 1 small garlic clove, finely grated
- Salt and pepper

## METHOD:

1. If adding the egg, boil a small saucepan filled with water.
2. Boil egg for 6 minutes for soft-boil, or longer if preferred.
3. Place all salad ingredients in a large bowl and toss together.
4. Place all the dressing ingredients in a jar, and shake until combined.
5. Dress salad and transfer to salad bowl or platter to serve.

## TIPS:

- *You can take this with you as a quick, easy and healthy lunch option.*
- *Add anchovies as a salty boost of omega-3 packed goodness.*
- *Boost the protein with the addition of a soft-boiled egg.*
- *Lentils are a great source of fibre and protein that will keep you feeling fuller for longer.*
- *This salad is a great option for entertaining - double or triple the recipe and is a perfect side dish to a summer BBQ.*

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