

LENTIL SALAD

Number of portions: 4

Portion size: ½ cup

INGREDIENTS

Dressing:

2 Tbsp vegetable or olive oil

2 Tbsp red wine vinegar

2 tsp Dijon mustard

¼ tsp salt

Salad:

1 can (398 ml) lentils, drained and rinsed

1 cucumber, finely chopped

2 tomatoes, finely chopped

1 onion, finely chopped

1 garlic clove, minced

2 Tbsp fresh dill, finely chopped (or 1 tsp dry dill)

¼ cup feta cheese, crumbled



METHOD

1. Mix the dressing ingredients. Keep aside.
2. Prepare the salad ingredients and mix.
3. Add the salad dressing and serve.

