

# Lentil Salad

Light and fresh summer salad.

This is an **English**<sup>1</sup> dish (for four).

## Ingredients

- 200 g puy lentils
- 1 small white onion
- 4 cloves garlic
- 1 cucumber
- 1 medium red onion
- 1 **FAIRTRADE** lemon
- 15 ml Zaytoun **FAIRTRADE** olive oil
- 15 ml balsamic vinegar
- 1 bunch fresh parsley
- 20 mint leaves
  
- to taste **FAIRTRADE** freshly ground black pepper

## Method

### Notes

Whilst these lentils have flavour from the onion and garlic, they are still simply lentils. So use lots of onion and cucumber, and especially use lots of high flavour herbs to give this dish plenty of bite.

### Cooking

Skin and halve the white onion, and peel the garlic.

Put the lentils in a pan with the onion and garlic, bring to the boil, and then cover and simmer for 25 minutes.

Check that the lentils are softened (toothsome but not mushy) from about 20 minutes onwards, adding extra water at any time if needed.

Once cooked, drain, discard the onion and garlic, and leave to cool before use.

### Preparation

Wash and finely chop (to lentil size) the cucumber.

Skin and finely chop the red onion.

Juice the lemon discarding peel and pith.

Wash and chop the herbs.

In a small bowl, mix the oil, 15 ml of the lemon juice, and the balsamic vinegar, adding salt and ground black pepper to taste.

### Assembly

Gently combine the lentils, cucumber and onion with the herbs.

Pour the dressing over the salad ingredients and gently turn to ensure all of the lentils are coated.

### To serve

Serve chilled.

### Variations

Use 10 ml dried parsley and 5 ml dried mint if fresh herbs are not available.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>