

## TASTE WITHOUT WASTE

### Mediterranean Green Lentil Salad

Serves one as a main or two to three as a side.

#### Ingredients

30g dried green lentils  
Bay leaf  
3-4 parsley stalks  
1 tsp lemon juice  
Large handful of rocket  
Handful baby spinach  
5 cherry tomatoes, quartered  
5 pitted Kalamata olives, halved lengthways  
50g green beans, topped and tailed  
Small handful flat leaf parsley

#### Red Wine Vinaigrette:

1½ tbsp red wine vinegar  
3 tbsp olive oil  
1 tsp finely chopped flat leaf parsley  
½ garlic clove, crushed  
Salt and pepper to taste

#### Method

Rinse lentils and cover with water in a small pot. Bring to the boil; simmer for one minute then drain. Return to pot, along bay leaf and parsley stalks and pour over just enough cold water to cover. Simmer over a very low heat for approximately 10 minutes or until tender but not mushy. Drain, remove parsley stalks and bay leaf and transfer to a small bowl. Stir through lemon juice.

Meanwhile prepare dressing by adding all ingredients to a small jar. Screw the lid on tightly and shake to emulsify. Taste and adjust seasoning accordingly.

Bring a small pot of water to a rolling boil and add green beans. Cook for 30sec then remove and plunge into a bowl of iced water to refresh.

Mix half of the dressing through the lentils.

Arrange by layering three quarters of the lentils, the baby spinach and then the rocket on a plate/in a bowl. Scatter over the green beans, then the cherry tomatoes and olives and finally the remaining lentils. Top with the parsley leaves and drizzle over the remaining dressing. Finish with a grind of black pepper.

*Source: A Taste Without Waste original.*

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