Lentil salad

Preparation time

5 minutes

Serves

4

Recipe courtesy of

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Ingredients | Method | Nutrition

1 cup parsley, roughly chopped

1 cup coriander, roughly chopped

8 cherry tomatoes, halved

1/2 red onion, finely diced

1 medium avocado, diced

3 tbsp pickles, finely diced

1/2 red capsicum, finely diced

400g (1 can) cooked brown lentils, drained and rinsed

100g feta, crumbled

juice of 1 large lemon

2 tbsp extra virgin olive oil

1. Place herbs, salad vegetables and lentils into a salad bowl. Toss to combine. Top with feta.
2. To make the dressing, whisk lemon juice and olive oil together in a small bowl. Pour over salad and enjoy.

Nutritional information is provided per serve

Engery	1586.23kJ
Protein	16.70g
Saturated Fat	6.24g
Total Fat	20.78g
Carbohydrates	25.87g
Sugars	6.27g
Dietary Fibre	10.74g
Sodium	102.91mg