



LENTILS

LENTILS SALAD (4 PORTIONS)

INGREDIENTS

- 240 g. lentils (approx. 1/2 pound)
- 2 chopped onions
- 4 cut up tomatoes
- 1 bay leaf
- 1 tablespoon of chopped parsley
- Mustard
- Olive oil
- Vinegar
- Pepper
- Salt

PREPARATION

- ✓ Soak lentils for 6 hours.
- ✓ In a cooking pot, pour the strained lentils, one onion and one bay leaf and cook. When lentils are halfway cooked, add the salt.
- ✓ In a bowl, mix tomatoes, onion and parsley and add cooked lentils. Dress with vinaigrette (vinegar, salt, olive oil and some mustard), refrigerate for 2 hours. Sprinkle with chopped parsley before serving.

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