



Lentil Tabbouleh

Servings: 4

Prep Time: 15min

Cook Time: 0

Ingredients

- 1 can lentils, un-drained
- 30 g Mint, chopped to yield 125 ml
- 30 g Parsley (flat leaf or curly), chopped to yield 125 ml
- ½ bunch Spring Onions, chopped, include half the green tops
- 1 Avocado Pear
- 1½ medium tomatoes, diced
- ½ English Cucumber, diced

DRESSING

- 50 ml Lemon juice or juice of 1 large fresh lemon
- 30 ml Mild Olive oil
- freshly ground black pepper to taste
- 50 ml of the drained liquid from lentils
- 1 large clove fresh garlic, crushed

Directions

1. Drain the liquid off the lentils and retain in a separate bowl.
2. Combine all the remaining salad ingredients with the lentils.
3. Mix the dressing ingredients together, and pour onto the salad, tossing to combine the ingredients well.