

# Laid Back Lentil Salad

Gluten free  
Vegetarian



Serves

**4-6**

Cooking time

**20**

Veg per serve



**3.5**



Enjoy this salad at  
your next family  
bbq!



## Ingredients

400g can brown lentils	100g fat-reduced feta
3 tomatoes	2 tbsp olive oil
1 cucumber	$\frac{1}{2}$ cup sliced black olives
Small bunch fresh mint (leaves only)	$\frac{1}{2}$ tsp ground cumin
Small bunch fresh parsley (leaves only)	$\frac{1}{2}$ tsp cinnamon
1 lemon	1 cup spinach
	pepper

## Equipment

Can opener  
Strainer  
Large bowl  
Chopping board  
Knife  
Fine grater  
Juicer (optional)  
Spoon measures  
Cup measures  
Mixing spoon



**Tasty learning for life**



# How to make it



1. Drain and rinse lentils, place in a large bowl.



2. Roughly chop tomatoes, cucumber, mint and parsley. Cut feta cheese into small squares. Add tomatoes, cucumber, mint, parsley and feta to the lentils.



3. Finely grate the rind of one lemon. Juice lemon. Add 1 tsp of the rind and 2 tbsp of the juice to the lentil mixture.



4. Add 2 tbsp of olive oil, ½ cup olives, ½ tsp of ground cumin, ½ tsp of cinnamon and 1 cup of spinach to the lentil mixture.



5. Mix salad well using a mixing spoon. Season with freshly ground pepper and serve.



**nom!**