## **Laid Back Lentil Salad**

Gluten free Vegetarian









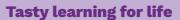
400g can brown lentils 3 tomatoes 1 cucumber Small bunch fresh mint (leaves only) Small bunch fresh parsley (leaves only) 1 cup spinach 1 lemon

100g fat-reduced feta 2 tbsp olive oil ½ cup sliced black olives ½ tsp ground cumin ½ tsp cinnamon pepper



## Equipment

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



## How to make it



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



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.



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



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



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.







