

## Lentil and Goat's Cheese Salad



2.9% FAT      220 CALORIES      SALT BALANCED

prep 10mins    cook 20-3mins      serves 1

25g (1oz) dried Puy lentils  
1 bay leaf  
2 spring onions, finely chopped  
50g (13/4 oz) red pepper, diced  
1 x 15ml sp (1tbsp) chopped fresh parsley  
100g (31/2oz) cherry tomatoes, sliced in half

*for the dressing*

1 x 5ml sp (1tsp) olive oil  
1 x 5ml sp (1tsp) balsamic vinegar  
1 x 2.5ml sp (1/2tsp) runny honey  
1 clove garlic, peeled and crushed or finely chopped  
50g (13/4oz) rocket  
30g (11/4oz) goat's cheese, sliced or crumbled

1. Rinse the lentils and put in a medium-sized saucepan. Add the bay leaf and cover with plenty of cold water, bring to the boil then reduce the heat and simmer for 20-30 minutes or until the lentils are tender.
2. Drain the lentils and transfer to a bowl. Add the spring onions, red pepper, parsley and cherry tomatoes. Mix well.
3. Whisk together the oil, vinegar, honey and garlic and stir into the lentils. Serve on a bed of rocket, with the goat's cheese sprinkled over.

### COOK'S TIP

·If time is short, replace the dried lentils with 75g (23/4oz), drained weight, canned cooked lentils.