

Lentils salad

Preparation time: 15 minutes

Cooking time: 60 minutes

Ingredients (for two people):

- Approximately 100g of lentils
- 1 onion
- 2 tomatoes
- 2 garlic clove
- 1 pinch of turmeric
- 1 pinch of ginger
- 1 pinch of hot chilli
- 1 teaspoon of paprika
- 1 pinch of salt
- 2 tablespoons of olive oil
- 1 pinch of cumin

Preparation

Clean and wash the lentils then place them in a saucepan.

Peel two tomatoes, grate them or cut them into small pieces. Grate the onion, chop finely and paste the garlic cloves then place them in the saucepan. Add two tablespoons of olive oil and all the spices: a pinch of turmeric, ginger and hot pepper and a teaspoon of paprika and salt.

Mix well then sear the preparation on high heat for about ten minutes. Add maximum 40cl of water then let it simmer on a medium heat with the lid half open for a good hour.

When the lentils are cooked, let rest for a few minutes then add a pinch of cumin and season to taste

This salad can be served at room temperature or chilled as a starter or to go with a meat or a fish dish.

Enjoy your salad!