



LENTIL ROCKET BEETROOT & WALNUT SALAD

PREP: 10MINS | COOK: 20MINS | SERVES: 2

Energy: 1925kj Protein: 26.7g
Fat: 22.8g Fibre: 10.7g

HOW TO SERVE

If pressed for time, swap Puy lentils for canned brown lentils and beetroot for ready cooked baby beets. This salad works perfectly as a delicious side to a main meal, or add chicken to make into a tasty main meal.

INGREDIENTS

- ½ cup Puy Lentils
- 2 beetroots, skin removed, cut into 8ths
- Extra virgin olive oil to drizzle
- 1tbspn oregano
- 2 cups rocket leaves
- 8 walnuts, broken into pieces and roughly chopped
- 100g feta

SUITABLE FOR

- Vegan (leave out cheese)
- Vegetarian
- Wheat free
- Gluten free
- Dairy free (leave out cheese)
- FODMAP friendly
(reduce amount of beetroot to no more than 2 slices per person)

METHOD

1. Soak lentils for overnight, discard water, boil until tender (approximately 10-15 minutes).
2. Pre-heat oven to 180oC.
3. Place beetroot in a greased baking tray, drizzle with olive oil and sprinkle of oregano. Bake for 15-20 minutes or until cooked.
4. Place rocket leaves into salad bowl. Add walnutsto rocket, then crumb feta over the leaves.
5. Once cooked beetroot and lentils havecooled slightly add it to the salad bowl and mix all ingredients together



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