

LENTIL + GREENS SALAD

INGREDIENTS

2 tsp Coriander seeds
2 tsp Fennel seeds
1 x Long red chilli, halved, seeds removed and thinly sliced
2 x Garlic cloves, thinly sliced
100ml Olive oil
2 x 400g tin Lentils
3/4 cup Dill, mint or parsley
2 x bunches Broccolini
1 x Lemon
230g Green beans
2 tbsps Red wine vinegar
100g Feta
4 x Handfuls spinach
Salt + Pepper

METHOD

1. Preheat the oven to 200C.
2. Add olive oil to a small frying pan, along with coriander seeds and fennel seeds - over medium/low heat. Add the sliced chilli and garlic to the pan, leave for 5 minutes for the flavours to infuse. The chilli should be crispy by the end of the time. Do not have the pan too hot, olive oil doesn't tolerate high heat.
3. Drain and rinse lentils, then add to a bowl with fresh herbs.
4. Scatter the broccolini on a thin baking tray lined with baking paper. Drizzle with additional olive oil and a couple of lemon slices. Roast for 10 minutes.
5. Add green beans to the broccolini and return to the oven for another 10 minutes.
6. To serve, toss everything together - lentils, greens, spinach, infused oil and spices, red wine vinegar and feta.

NOTES

Low FODMAP friends:
Quantities allowed per serve:
Broccolini whole 45g
Broccolini stalks 90g
Broccoli 75g
Green beans 75g
Spinach 75g
Canned lentils 46g

*Garlic is used for infusing olive oil and won't need to be consumed, you'll see in our cooking class.