

Green Lentil Salad with Thai Dressing

These lentils are spicy and refreshing with a Thai Dressing. Eat them warm from the pot or cold the next day.

Serves 2 - 3

- 150g green lentils
- 200ml water
- 2 handfuls gem or romaine lettuce
- 1 handful rocket
- 1 roasted red pepper, either from a jar or roasted from fresh
- 140g frozen edamame beans
- 3 spring onions, finely sliced
- 1 red or green chilli (optional or to taste)
- 1 small clove garlic, finely chopped
- 1 tbsp coriander, roughly chopped
- 2 tbsp lime juice
- 2 tbsp fish sauce
- 2 tsp soft brown sugar



1. Put the lentils and water into a pan, bring to the boil, put a lid on the pan and simmer on a low heat for 20 mins.
2. If using a fresh red pepper, grill on a high heat until the skin is blistered & blackened on all sides. Remove to a bowl, cover with a lid or cling film and allow to cool. Once cool, scrape away the skin, remove the seeds & pith and chop into pieces. If using a red pepper from a jar, just drain and chop into pieces.
3. Bring the edamame beans to the boil in a small pan, remove from the heat and drain. Put hot into a bowl and mix through the pepper, finely sliced spring onions, chopped garlic, chilli if using and coriander.
4. Mix the lime juice, fish sauce and brown sugar together to make a dressing.
5. When the lentils are ready, while still hot, tip them into the bowl with the peppers, beans etc. Pour over the dressing and mix well.
6. To serve, divide the salad leaves between 2 or 3 plates and spoon over the lentils.

Hints, Tips and Adaptations

Gluten free, dairy free, for vegetarians, use soya sauce or liquid aminos instead of fish sauce. Use black lentils instead of green. Don't be tempted to use the bigger brown lentils, they will be too 'meally'