

Warm lentil and potato salad



PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVES: 4-6

CALORIES PER SERVING: 250

INGREDIENTS

- 2 large shallots
- 4 sprigs of thyme
- 1 small bay leaf
- 1 cup dry small green lentils
- 1 small bay leaf
- Salt and pepper
- 450g fingerling potatoes
- 2 tablespoons red wine vinegar
- 1 to 2 garlic cloves, minced or smashed to a paste (I use less)
- 1 tablespoon smooth Dijon mustard
- 1/4 cup of your favorite olive oil
- 2 teaspoons capers, rinsed if salted, drained if brined, and roughly chopped
- 2 tablespoons sour gherkins, roughly chopped
- 1/2 cup chopped flat leaf parsley

INSTRUCTIONS

1: Halve and dice shallots, mince garlic, drain and chop capers, roughly chop gherkins and chop parsley.

2: Rinse lentils. Place them in a small/medium saucepan with the halved shallot, thyme branches, bay leaf, some salt and 4 cups of water. Simmer the lentils over medium heat for 25 to 30 minutes, until firm-tender. Drain and keep warm (discarding shallot, thyme and bay leaf).

3: Meanwhile, cook potatoes: In a separate saucepan, cover potatoes with 4cm of cold water. Set timer for 15 minutes, then bring potatoes to a simmer. When the timer rings, they should be easily pierced with a toothpick or knife. Drain and keep warm.

4: Make the dressing: Place the chopped shallot and red wine vinegar in the bottom of a small bowl and let sit for 5 minutes. **1:** Whisk in minced garlic, dijon, a pinch of salt, a few grinds of black pepper and olive oil. Stir in chopped capers and gherkins.

5: Assemble salad: Slice potatoes into 1/2-inch segments and place in serving bowl. Add lentils, dressing and all but 1 tablespoon parsley and combine. Adjust seasoning with additional salt and pepper if needed. Scatter salad with remaining parsley.

6: If you plan to make this at the outset of several meals and would like to eat it warm, I'd keep the dressing separate, warming only the lentils and potatoes and stirring in the cold dressing to taste because you can keep it in fridge for up to 5 days.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.