

Lentils Salad

Ingredients

8 ounces green lentils
1 carrot
1 lemon
1 tablespoon olive oil
Coriander
Salt
½ purple onion / spring onion / chili
peppers (optional)



Preparation

Cover the lentils in cold water and leave for 2 hours. Then rinse and cook in boiling water for 15 minutes, add some salt to the water.

After 15 minutes rinse the lentils again and let them cool.

Once the lentils have cooled, pour them into a bowl, grate the carrot, squeeze the juice of 1 lemon, add the chopped coriander (and onion/.chili pepper), olive and salt and mix well.

The salad can also be served with tehini or yogurt on top.

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