

TASTE WITHOUT WASTE

Fennel, Rocket and Puy Lentil Salad

Serves 6 as a side or 2-3 as a main.

Ingredients

100g Puy/Green lentils
1 small onion
1 bay leaf
4 parsley stalks (optional)
4 black peppercorns
1 small bulb of fennel, tough outer layer and fronds removed
75g rocket (can substitute with baby spinach)
½ avocado, thinly sliced

Dressing:

1 tablespoon lemon juice plus extra
1 tsp French mustard
½ small clove garlic, crushed
¼ tsp sugar
60ml olive oil
Salt
Freshly ground black pepper

Method

Rinse lentils and cover with water in a small pot. Bring to the boil; simmer for one minute then drain. Return to pot, along with onion, bay leaf and parsley stalks and pour over just enough cold water to cover. Simmer for approximately 20 minutes or until tender but not mushy. Drain, remove onion, parsley stalks, bay leaf and peppercorns and transfer to a small bowl.

Meanwhile prepare dressing by adding all ingredients to a small jar. Screw the lid on tightly and shake to emulsify. Taste and adjust seasoning (lemon juice, salt and pepper, sugar) accordingly.

Drizzle a quarter of the dressing over the still warm lentils and extra lemon juice to taste. I used about a teaspoon. Leave to cool.

Cut fennel in half from top to tail then slice crossways as thinly as possible. If you are lucky enough to have a mandolin, use it!

Dollop two thirds of the lentils in a serving bowl. Top with sliced fennel and rocket, then the avocado and remaining lentils. Drizzle over the rest of the dressing.

Source: Adapted from [River Cottage Veg Everyday](#)

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