

WARM LENTIL SALAD

SERVES 2 - 4

Preparation: 5 minutes

Cooking time: 15 - 25 minutes



1 1/2 cups green lentils (rinse and soak in water overnight or for 1-2 hours then rinse)

1 cup vegetable stock

1/2 cucumber, in quarters then sliced

Big handful cherry tomatoes, halved (or diced round tomatoes)

Greens : salad leaves, rocket, sliced spinach

1/2 red onion, finely sliced

Handful parsley, chopped

Feta (storebought or homemade below)

good salt + pepper

lemon juice squeeze

sunflower or pepita seeds (optional)

1. Rinse then soak the green lentils in a jar or bowl, either overnight - or just a few hours, then rinse.
2. To a medium pot, add the lentils and vegetable stock and top with filtered water, covering the lentils by 1 - 2 cm.
3. Cook on medium till tender. Keep an eye on the liquid level and add more fluid if needed. Strain if needed after and use this liquid in a sauce or for part of the dressing.
4. Chop onion, tomato, cucumber, parsley and tear salad leaves.
5. Add them to a serving bowl, top with lentils and seasoning and lemon juice. Toss the salad and top with small pieces of feta and seeds.

VEGAN FETA RECIPE

This recipe is from the 'Nourish' cookbook and I still love it. It makes quite a bit so you can use it for various meals : top salads, as a spread on bread or wraps, for breakfast with avo or crumble it onto roast veg in the oven. You can also bake the whole ball of feta in the oven till it's golden brown!

INGREDIENTS

1 cup (150g) dry roasted almonds (or raw)
1/4 cup + 1 tablespoon (70ml) fresh lemon juice
1 1/2 cup (375ml) filtered water
2/3 teaspoon good salt (or to taste)
3 tablespoon extra virgin olive oil (EVOO)

INSTRUCTIONS

1. Blend almonds into coarse meal. Add remaining ingredients, blitz for 1 minute, scrape down sides. Rest between blending then blend for another 1 minute.
2. Take a large bowl, using nut mylk bag pour mixture into bag. Gather bag, wring out liquid into bowl, winding bag to form a tight ball with the solid parts. Once a lot of liquid has been strained, empty bowl, tightly wind bag again. Sit bag ball in a strainer and the strainer in bowl so excess liquid can continue to drain. You can use it straight away or refrigerate overnight (24 - 36 hours) with a bowl weighing it down. When firm carefully remove bag - nut mixture should be a formed ball. Use within 3-4 days.