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by Iris Yas Island

Lentil Salad by Iris Abu Dhabi



Ingredients

Serves 4

1 cup chopped red onion 3 fresh parsley sprigs plus 1/2 cup chopped fresh parsley 2 garlic cloves, minced 1 cup dried brown lentils 2 tablespoons olive oil 3 tablespoons balsamic vinegar 2 teaspoons Dijon mustard

Preparation

- 1 Bring medium saucepan of water to boil. Add onion slices, 3 parsley sprigs and 1 minced garlic clove and bring to boil. Stir in lentils. Reduce heat and simmer uncovered until lentils are just tender, about 20 minutes. Drain. Discard onion and parsley.
- 2 Stir oil, vinegar, mustard and remaining garlic in small saucepan over low heat until just warm (do not boil).
- 3 Place warm lentils in bowl. Add chopped onion, chopped parsley and warm vinaigrette
- 4 toss to coat. Season with salt and pepper. Serve warm or at room temperature.

Cooks Note
