

Puy Lentil and Root Vegetables Salad

Ingredients:

Difficulty: Easy
(serves 2)

2 rose potatoes, washed well and sliced, make sure each piece has more or less the same thickness (I didn't peel the potatoes, but you can peel if you prefer)

1 parsnip, peeled and sliced

1 tbsp olive oil, and a splash more in the end for the whole salad

1/2 tsp salt

1/4 tsp black pepper

1 cup / 2 dl + 2 tbsp + 2 tsp puy lentils, washed

1 big golden beet, peeled and boiled

1 big striped beet, peeled and boiled

1 big beetroot, peeled and boiled (boil this separately from the other two because beetroot colours everything around it!)

Feta crumbles

1/4 tsp organic apple cider vinegar

Instructions:

1. Preheat the oven to 200C (if you are roasting some of the veggies like I did).
2. In a medium bowl, put potato and parsnip slices. Add olive oil, salt and pepper and mix it well.
3. Transfer potato and parsnip pieces on an oven tray with a baking sheet. Roast the vegetables in middle rack of the oven, until they get golden brown (about 20 minutes).
4. In the meantime, cook lentils. Put puy lentils in a medium pan, cover with cold water and let them boil on medium heat, for about 15 minutes.
5. Slice the beets as thin as possible, preferable with a mandoline. But if you don't have one, it's fine, just do it with a knife.
6. When potato and parsnip pieces are roasted, you are done! Just arrange the vegetables and lentils as you like on your plate, put a bit of feta crumbles on top, spread vinegar and finalise with a splash of olive oil. Enjoy!