

# **Vegan Monday: Roasted New Potatoes And Puy Lentil Salad**

## **Ingredients:**

Difficulty: Easy  
(serves 4-6)

1 kg new potatoes, washed but not peeled, cut in 2 or 3 pieces\*  
1 tbsp olive oil for potatoes  
1 tsp salt  
1 tsp ground paprika  
2 dl (or 3/4 cup + 4 tsp) puy lentils, washed  
1/2 dl (or 3 tbsp + 1 tsp) olive oil to cook onions and for dressing  
1 large onion, diced  
1 tbsp apple cider vinegar  
1 tsp rice syrup (or any other vegan syrup you like, or honey if you like)  
2 tbsp whole grain mustard  
salt and pepper to taste

Options for serving:

herbs of your choice (chives - my favourite, dill, parsley..)

\*You can peel if you like, of course!!

## **Instructions:**

1. Preheat the oven to 200C. Put a baking paper on an oven tray and put aside.
2. Add 1 tbsp olive oil, 1 tsp salt and 1 tsp ground paprika to the potatoes and mix well. Spread the potatoes on the prepared oven tray evenly and roast in the oven for 50 to 60 minutes, until golden and cooked well.
3. While potatoes are in the oven, prepare the other parts of the salad. Put puy lentils in a pot. Add about 3 times amount of cold water to the lentils and cook in medium heat for about 10-15 minutes. I like having a bit of bite to the lentils still so I don't cook them too much. You can cook according to your taste.
4. In a pan, add about 1 tbsp of 1/2 dl olive oil and heat on medium high heat for about 15 seconds. Add and saute the onion until well cooked.
5. For the dressing, put remaining olive oil, vinegar, syrup and mustard in a bowl and whisk well.
6. When potatoes, lentils and onion are ready, put them all in a bowl and mix.
7. Add dressing and mix well. Adjust salt and pepper according to your taste. Serve warm. Share and enjoy with friends - sharing is caring!!