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Lentil Salad with Roasted Carrots

If you have previously avoided lentils, don't be so quick to dismiss this dish. We've paired them with bold cumin, juicy roasted carrots and creamy goat curd to make an incredibly tasty and nutritiously sound supper. It's the perfect bowl of goodness - there is a sweet and salty hit in every mouthful, plus a satisfying crunch...



Prep: 10 mins Cook: 25 mins Total: 35 mins



level 1



gluten free



low kJ



Pantry Items: Olive Oil



Red Onion



Cumin





Lentils

Lemon









Parsley

Mixed Salad Leaves

Almonds

Fresh Goat Curd

2P	4P	Ingredients	
2	4	carrots, peeled & cut into batons	
1 tbs	2 tbs	olive oil *	
1/2	1	red onion, finely sliced	A 🕀
½ tsp	1 tsp	cumin	
1 tin	2 tins	lentils, drained & rinsed	
1/2	1	lemon, juiced	
1 bunch	2 bunches	parsley, finely chopped	
1 bag	2 bags	mixed salad leaves, washed	
¼ cup	½ cup	almonds	
1 tub	2 tubs	fresh goat curd	

- May feature in another recipe
 - * Pantry Items

Nutrition per serving

Energy	1640	Kj
Protein	16.3	g
Fat, total	23.6	g
-saturated	6.7	g
Carbohydrate	22.5	g
-sugars	11.2	g
Sodium	96	mg

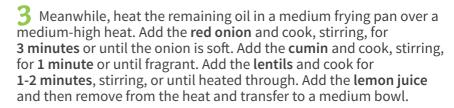
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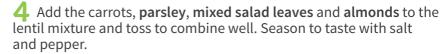
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You will need: chopping board, chef's knife, vegetable peeler, sieve, oven tray lined with baking paper, medium frying pan, and a medium bowl.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Toss the carrots in half of the olive oil and place in a single layer on the lined oven tray. Season with salt and pepper. Cook in the oven for 25 minutes or until the carrots are tender and golden.













Did you know? Lentils are a source of soluble fibre - a powerful substance that has been shown to lower LDL, or 'bad' cholesterol and maintain blood sugar levels.