

BE KIND TO YOURSELF QUINOA & LENTIL SALAD



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
4

INGREDIENTS

100 quinoa
100g Puy lentils
1/2 teaspoon of vegetable bouillon
Water to cover
1/2 green pepper, core and seeds removed and finely diced
1/2 red pepper, core and seeds removed and finely diced
1 celery stalk, cut into 4 strips lengthways and finely diced
100g French beans, top ends removed and finely sliced
1 spring onion, finely sliced
1/2 courgette, finely diced

For the dressing:

1 clove of garlic, peeled and crushed
Juice of 1/4 lemon
1 teaspoon rapeseed oil
1 teaspoon white wine vinegar
1 large handful of fresh mint, chopped
1 large handful of flat leaf parsley, chopped
Generous pinches of salt and a good grind of pepper

LET'S GET COOKING

- 1 Place the lentils and quinoa in a fine sieve and rinse under cold running water. Place in a medium sized saucepan, add the vegetable bouillon, cover with water by two thirds, and bring to the boil. Pop a lid on and turn down to a simmer.
- 2 Cook for 20 minutes, or until the Puy lentils are soft to taste. Drain and pour into a larger bowl. Add the chopped vegetables while the lentils and quinoa are still hot. Stir in well using a fork.
- 3 While the lentils are cooking, make the dressing. Place all of the ingredients in a bowl or pestle and mortar and stir well. Pour over the lentils, quinoa and vegetable mix, and stir well again with a fork, making sure you have combined all the ingredients at the bottom of the bowl.
- 4 Serve either hot or cold.

"Be kind to yourself... self compassion is not selfish. It's about having an ally in you to cheer you on. I bet you are kind to others. So I invite you to put that mirror up and be kind to yourself. This salad has all the ingredients you need to for kindness. Enjoy either warm or cold, on its own, with some dressed salad leaves, or alongside a simply cooked piece of fish or meat"