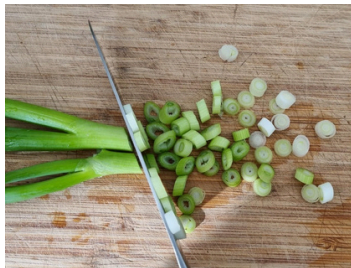


Beetroot and lentil salad

Serves 4

Ingredients

- 2 spring onions
- 1 x 400g can lentils
- 1 x 450g can baby beetroots
- 1 tablespoon extra virgin olive oil
- 2 teaspoons red wine vinegar
- 4 cups mixed spinach and rocket leaves
- 50g feta cheese



1 Chop

Finely chop the spring onions.



2 Drain

Drain and rinse the lentils. Drain the beetroot.



3 Cut

Cut the beetroot into quarters.



4 Mix

Place spring onions, lentils and beetroot in a large mixing bowl.



5 Combine

In a small bowl, combine the extra virgin olive oil and red wine vinegar.



6 Toss

Add the spinach and rocket mix to the large bowl along with the dressing and toss through.



7 Crumble

Crumble the feta cheese.



8 Top

Place salad in a serving bowl and top with crumbled feta cheese. Serve.

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Ingredients



2 spring onions



400g can lentils



400g can baby
beetroots



1 tablespoon extra
virgin olive oil



2 teaspoons
red wine vinegar



4 cups mixed
spinach and rocket
leaves



50g feta cheese

Equipment



Small bowl



Chopping board



Colander



Knife



Measuring cups



Large bowl



Measuring spoons



Mixing spoon