



French Puy Lentil & Radicchio Salad

As we enter more into the cooler weather, this weeks recipe of the week is a warm lentil salad with radicchio, walnuts and pecorino cheese. Absolutely mouth watering and delicious. Enjoy.

Ingredients:

200g organic french puy lentils

2 bay leaves

3 tablespoons red wine vinegar

90ml of olive oil

100g active jelly bush honey

1/4 teaspoon chilli flakes

100g insecticide free walnuts

1/2 medium radicchio, quartered lengthways

60g pecorino cheese shaved

2 tablespoons of each of basil, dill and parsley, roughly chopped

Salt and black pepper to taste

Method:

1. Preheat the oven to 170°C
2. Cook the lentils in a medium saucepan, covering with plenty of water and add the bay leaves, simmering for 20 minutes or until just tender. Drain well and then return to the pan.
3. Whisk together the vinegar, half the olive oil, half the honey and 3/4 teaspoon of sea salt and some cracked black pepper until all the honey dissolves.

4. Stir the mixture into the lentils whilst they are still hot and leave for a few moments to cool, discarding the bay leaves.
5. Put the remaining honey, chilli flakes, turmeric and 1/4 teaspoon of salt into a small bowl. Mixing well, add just enough water to turn into a thick paste (about 1 teaspoon).
6. Add the walnuts to the paste and coat well. Spread them out evenly on a baking tray lined with baking paper and roast for about 20 minutes, stirring once until crunchy and golden.
7. Remove the walnuts from the oven and set aside. Take the nuts off the baking paper as soon as they are cool enough to touch.
8. Pour the remaining oil into a medium fry pan and place on high heat. Cut the radicchio into 8 wedges and place them in the oil.
9. Cook for about one minute on each side and transfer to a large mixing bowl.
10. Add the lentils, walnuts, pecorino and herbs. Stir in gently, and serve warmish or at room temperature.

Gluten Free | Refined Sugar Free