



LENTIL SALAD WITH TOMATO AND BLUEBERRIES

INGREDIENTS

- 100 grams of cherry tomatoes
- 2 tablespoons of olive oil
- 4 twigs of thyme
- 1 can of lentils (400 grams)
- 15 grams of basil
- 25 grams of blue berries
- 1 tablespoon of balsamic vinegar
- 1 teaspoon of mustard
- 20 grams of pistachio nuts

DIRECTIONS

Preheat the oven at 150° C.

Halve the tomatoes and put them with the cutting edge up in a baking dish.

Sprinkle with the oil and black pepper. Lay the thyme twigs between the tomatoes. Bake ca. 45 minutes in the oven.

In the meantime rinse the lentils under cold water and let them drain. Tear the basil leaves in pieces.

Put the lentils, the basil leaves and the blue berries in a bowl and stir cautious.

Take the tomatoes from the oven and remove the thyme. Pour the liquid of the tomatoes in a bowl.

Add the balsamic vinegar and mustard to the tomato liquid and beat till a dressing.

Serve the tomatoes and dressing cautious through the lentil salad. Sprinkle with the nuts.

SIDE DISH

2 PERSONS

TIME: 1 HOUR AND 5 MINUTES

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