



## Lentil, Bean & Kale Salad

**Portions:** 4

**Preparation time:** 12 hours

**Cooking time:** 60 minutes



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## Ingredients:

- 1 large garlic clove, crushed or grated
- 1 lemon, zest and juice
- 1 fresh red chilli, deseeded and finely chopped (or 1 tsp chilli powder)
- 130ml olive oil
- 100g dried brown, green or red lentils (or use tinned)
- 100g dried black-eyed or haricot beans
- 80g kale, stalks removed and chopped (or other leafy greens, such as spinach or spring greens)
- Handful green or black olives from a jar, roughly chopped
- 8 sun-dried tomatoes, roughly chopped
- Handful fresh flat leaf parsley, torn (or other soft herb, such as mint)

## For the dressing:

- 1 large garlic clove, crushed or grated
- 1 lemon, zest and juice
- 1 fresh red chilli, deseeded and finely chopped (or 1 tsp chilli powder)
- 130ml olive oil

## Method:

1. Soak the lentils and beans overnight, or for at least 8 hours. Rinse the lentils and beans and put into a saucepan of cold water. Bring to the boil and cook for 10 minutes, removing any scum that comes to the surface. Reduce to a simmer and cook for 30 minutes, or until tender. Drain and rinse. (Skip this step if using tinned lentils, just warm them through in a saucepan with a splash of water.)
2. To make the dressing, put all the ingredients into a lidded jar and shake vigorously until combined. Taste and adjust with more lemon, if needed. Put into a saucepan and warm over a low heat.
3. Toss the beans and lentils with the remaining salad ingredients. Drizzle over the dressing to taste and serve.

Nutrient	Quantity Per Portion
Energy (kJ)	1800
Energy (kcal)	433
Carbohydrate (g)	26
Protein (g)	12.5
Fat (g)	31.7
Fibre (g)	7.4
Sodium (mg)	186
Iron (mg)	5.57