



Ingredients 3 Portions

♦ = Kotányi Produkte

400 g	Beluga lentils
2 piece	Peaches
200 g	Feta
1 piece	Scallion
250 g	Cherry tomatoes
6 tbsp.	Balsamic vinegar
	Olive oil, extra virgin
1 tsp.	♦ Organic Oregano, Crushed
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole

Beluga Lentil Salad with Peach and Feta

🕒 20–25 Min ♡ ♡ ♡

Preparation

- 1 Bring the lentils to the boil in a pan of salted water and cook until soft according to the instructions on the packaging. Meanwhile, wash the cherry tomatoes and cut them into quarters.
- 2 Dice the feta, then mix with 2 tbsp. of olive oil and the oregano.
- 3 Rinse the spring onion and cut into thin rings.
- 4 Wash the peaches, remove the stone and cut into thin slices. Heat a little olive oil in a non-stick pan and fry the pieces of peach until they are nicely seared.
- 5 Pour in the cooked lentils and add the tomatoes, feta pieces and spring onion rings to a bowl. Add the balsamic vinegar and a splash of olive oil and mix thoroughly. Season to taste with salt and freshly ground pepper.
- 6 Dish up the salad, garnish with the peach slices and serve warm.

