

Beluga Lentil Salad with Peach and Feta

20–25 Min

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

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.