

Lentil Salad with Roasted Carrots and Broccoli

35–45 Min

Ingredients 4 Portions

= Kotányi Produkte

1	Can of lentils
4	Medium carrots, peeled and sliced diagonally
150 g	Broccoli
1	Medium shallot
2 tbsp	Olive oil
1 tsp	Curry Madras
0.5 tsp	Sea Salt, Coarse
60 g	Pumpkin seeds, toasted

Vinaigrette Dressing

70 ml	Olive oil
2 tbsp	Lemon juice
1 tbsp	Maple syrup
1 tsp	Paprika, Smoked
0.5 tsp	Turmeric, Ground
0.5 tsp	Sea Salt, Coarse
1 pinch	Cinnamon, Ground

Preparation

1 Preheat the oven to 190 °C. Peel the carrots and cut them into pieces about 1.5–2 cm long. Peel the shallot and cut it into half-moons. Break the broccoli into smaller florets, then transfer it to a baking tray together with the carrots and shallot. Add the oil, salt and Curry Madras seasoning and mix well. Place in the oven and roast for 20–25 minutes, stirring once halfway through the cooking time.

2 In a small bowl, combine all the ingredients for the vinaigrette. Leave the roasted vegetables to cool briefly, then transfer them to a bowl. Add the lentils, pumpkin seeds and vinaigrette, mix well and serve.