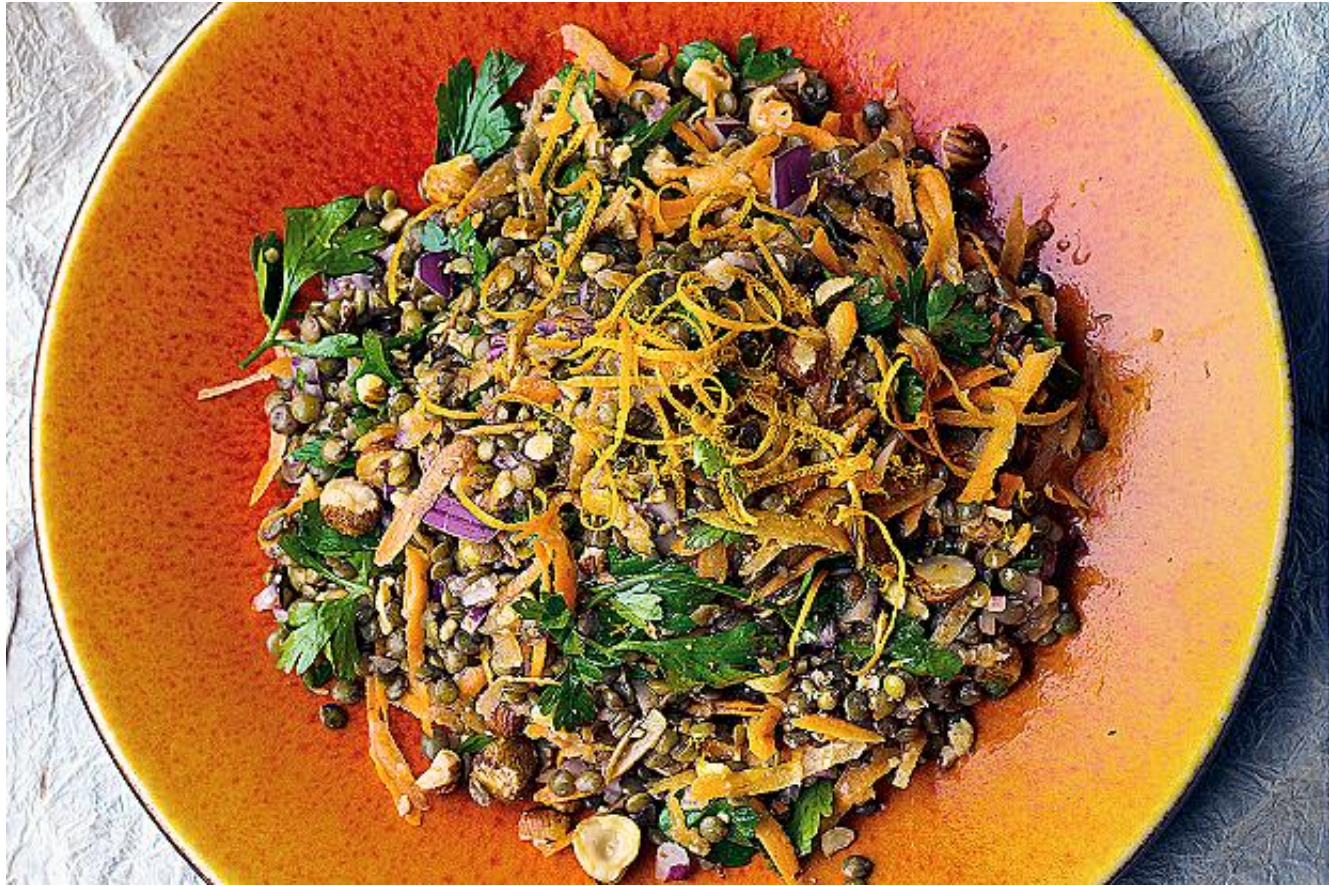


## Puy lentil, orange and hazelnut salad



Puy lentil, orange and hazelnut salad Romas Foord

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**Mimi Spencer**

Published at 5:36PM, March 15 2014

*Serves 2; 385 calories per serving*

For the dressing

1 tbsp olive oil

1 tbsp balsamic vinegar

2 tbsp orange juice

1 garlic clove, very finely chopped

Salt and pepper

For the salad

250g pouch ready-to-eat Puy lentils

Half a red onion, finely chopped

1 large carrot, peeled and grated

30g roasted chopped hazelnuts

Handful of curly parsley, chopped

1 tbsp orange zest

**1** Combine dressing ingredients in a bowl.

**2** Microwave the lentils in the pouch for 1 minute, then add to the bowl and stir in the red onion, carrot, hazelnuts and parsley. Mix well and serve at room temperature, scattered with orange zest.

Fast Cook *by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; [timesbooks.co.uk](http://timesbooks.co.uk)*

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