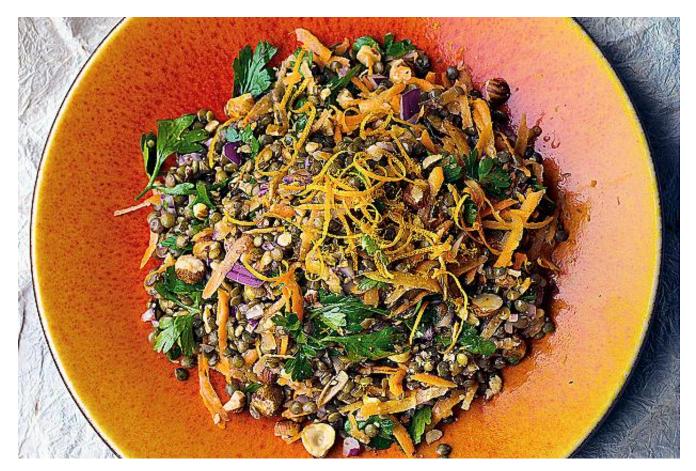
## THE TIMES

## Puy lentil, orange and hazelnut salad



Puy lentil, orange and hazelnut salad Romas Foord

## Mimi Spencer

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## 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

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