

Colorful lentil salad with roasted vegetables

Juicy lentils, perfectly cooked vegetables and a fruity dressing – our colorful lentil salad is not only a varied side dish for barbecues, but also a light summer dish!

Zutaten
4 Portionen

200 g Plate lenses
2 Zucchini
1 Eggplant
1 Paprika, red
4 EL Byodo Roast Olive Mediterranean
100 ml Orange juice
4 EL Byodo extra virgin olive oil, from Italy
2 EL Byodo Condimento Bianco
3 TL Byodo fig mustard
1 EL Byodo curry-mango sauce
Byodo sea salt, fine
Pepper
0.5 Pomegranate
4 Stem Peppermint
Yoghurt to taste

Zubereitung

Wash the lentils thoroughly and cook them in a pan with twice the amount of water for 25 minutes

until they are done.

Meanwhile, wash the vegetables. Halve the zucchinis lengthways and cut into half moons. Clean the eggplant and peppers and cut into small pieces. Heat the olive oil in a frying pan and fry the vegetables for about 10 minutes. Then mix in the cooked lentils.

In the meantime, prepare the dressing. To do this, whisk the orange juice, olive oil, Condimento Bianco, fig mustard, curry-mango sauce, salt and pepper together thoroughly. This works well with a whisk or you can put all the dressing ingredients in a small jar, close it tightly and shake until all the ingredients are mixed together.

Cut open the pomegranate and remove the seeds. Wash the mint and pluck the leaves.

Mix the lentil and vegetable mixture with the dressing and dress the salad with the pomegranate and mint. A dollop of yogurt goes well with it.