

Layered salad from the jar

Hearty red lentils, fresh watermelon, green olives and creamy feta – delicious layer after layer!

Zutaten
2 Portionen

Layered salad
150 g red lentils
2 Handles Parsley, smooth
200 g Feta cheese
0.5 Mini watermelon
20 g Seeds, mixed (pumpkin, sunflower and pine nuts)
150 g green olives, pitted
50 g Lamb's lettuce
Dressing
0.5 Shallot
1 EL Byodo Grill & Fondue Mustard
2 EL Byodo Aceto Balsamico di Modena IGP - Invecchiato
2 EL Byodo extra virgin olive oil, from Greece
50 ml Apple juice
Byodo sea salt, fine
Pepper

Zubereitung

Cook the lentils in salted water for about 10 minutes over a low heat. Drain and leave to drain well. Finely chop the parsley and mix with the lentils.

Cut the feta cheese into cubes. Cut the watermelon into pieces. Roast the mixed seeds in a pan without oil.

Peel the shallot and cut into fine pieces. Place the onions and all the other ingredients for the dressing in a small Byodo mustard jar and shake vigorously. Season to taste with salt and pepper.

Layer the lentils at the bottom of a large storage/screw-top jar, followed by the olives, feta cheese and melon pieces. Fill the glass with the lamb’s lettuce. Add the mixed seeds to the salad and seal the storage jar for transportation.

Before serving, shake the dressing in a jar and pour over the salad.