



JERNEJ KITCHEN

LENTIL AND NECTARINE SALAD

Lentils and pumpkin seed oil are best friends and the whole dish is perfect for a hot summer day, picnic or barbecue.

SERVES	4	
PREPARATION:	30	MINUTES
COOKING:	40	MINUTES

LENTIL AND NECTARINE SALAD

250 g green lentils
2 small green bell peppers
1 eggplant, small
10 cherry tomatoes
1 tbsp olive oil
1 spring onion
1 nectarine, cut on thin slices
2 sprigs of fresh mint
2 tbsp pumpkin seeds oil
1 tbsp apple cider vinegar

TOOLS AND EQUIPEMENT

kitchen knife
salad bowl
pan

COOK THE LENTILS

Cook your lentils according to the instructions on the package, or for about 30 - 45 minutes. Cool under cold running water and refrigerate until needed.

VEGETABLES

Place the eggplant on top of the gas range or grill over an open flame. Allow eggplant to roast over the flame for 10 minutes. Clean and cut the tomatoes and green peppers. Place a pan over medium high heat, add the olive oil and fry the veggies for about 5 minutes.

EGGPLANT

Scoop out the roasted pulpy flesh from the eggplant, place it in pan. Cook the flesh for about 5 minutes, stirring occasionally. Remove from the heat, season with salt and let it cool.

SERVE

In a salad bowl mix together the lentils, tomatoes, bell peppers, grilled eggplant flesh, sliced spring onion, nectarine slices and mint. Season with salt and pepper and drizzle with a bit of pumpkin seeds oil and apple vinegar.