

Puy lentil & roasted red pepper salad

PREP TIME: 15 MINS **COOK TIME:** 35 MINS

Chantal created this salad for one of the LEON twice-yearly Well-Being team events (think delicious food and spa treatments!), where it was wolfed down by the team.

2 large red peppers, cut into long
1cm-wide strips
2 large red onions, each cut into
8 wedges
325g cherry or small heritage
tomatoes (choose a mix of colours,
if possible)
½ teaspoon sea salt
1 teaspoon freshly ground
black pepper
75–90ml olive oil
1 clove of garlic, thinly sliced
1 tablespoon finely chopped
fresh thyme
250g ready-cooked Puy lentils
50g fresh flat-leaf parsley,
roughly chopped
80g rocket leaves
4 tablespoons toasted pine nuts
FOR THE DRESSING:
1 shallot, thinly sliced
50g fresh basil, leaves very
finely chopped
25g fresh oregano, finely chopped
20ml vegan red wine vinegar
75ml olive oil
2 teaspoons agave nectar
1 clove of garlic, minced
a generous pinch of freshly ground
black pepper
salt

1. Heat the oven to 200°C/400°F/gas mark 6.
2. Place the red peppers, onions, tomatoes, salt, pepper and oil in a large roasting tin, then toss until well coated. Roast for 20 minutes, turning once halfway through the cooking time. Add the garlic and thyme and toss again. Roast for another 15 minutes, or until everything is sticky and just slightly charred.
3. Meanwhile, make the dressing. Whisk all the ingredients together, then add salt to taste.

4. When the vegetables are still hot, add the lentils and the dressing to the roasting tin. Toss together, mixing in all the roasting juices. Stir through the parsley.
5. Place the rocket in a serving bowl or on individual plates. Top with the roasted vegetables and pine nuts, pouring over any dressing left in the roasting dish.