



# LENTIL and GREEN BEAN SALAD with LIME INFUSED OLIVE OIL

## INGREDIENTS

250 gms Dried Brown Lentils, rinsed  
2 Tsp. SATHYA Lime Infused Olive Oil  
1 Brown Onion, finely chopped  
2 Garlic Cloves, crushed  
2 Tsp. Fresh Ginger, finely grated  
2 Tsp Garam Masala  
1 Tbsp. Fresh Lime Juice  
200 gms Green Beans, topped  
1 x 250 gm Punnet Cherry Tomatoes, quartered  
4 Celery sticks. ends trimmed, cut into 4 cm matchsticks  
1/2 cup Fresh Coriander leaves  
90 gms (1/3 cup) low-fat natural yoghurt, to serve



## METHOD

Place the lentils and 1.5 Lt (6 cups) cold water into a large saucepan and bring to the boil. Reduce heat to low. Simmer for 25 minutes or until the lentils are tender. Drain.

Meanwhile, heat the SATHYA Lime infused Olive Oil in a non-stick frying pan over medium heat. Add the onion and cook, stirring for 5 minutes or until soft. Add garlic, ginger and Garam Masala, and cook, stirring for 1-2 minutes or until aromatic.

Transfer the onion mixture to a large heatproof bowl. Add the lentils and lime juice, and stir until well combined. Season with pepper. Set aside to cool completely.

Cook the beans in a saucepan of boiling water for 3-4 minutes or until bright green and tender and crisp. Refresh under cold running water. Drain. Add the beans, tomato, celery and coriander to the lentil mixture and stir until just combined.

Divide the salad among serving plates. Serve with the yoghurt.

Notes: If you're short on time you can use 2 x 400gm cans brown lentils, rinsed and drained, instead of the dried brown lentils.