

Mediterranean Style Roasted Red Pepper and Lentil Salad

Jacob · 30/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

1 hr 30 mins

Description

A perfect summer salad to share with friends and family over a picnic or for dinner This whole food lentil salad recipe is super easy to make plus its veganfriendly

Ingredients

- - 1 ½ large red bell peppers
- halved and seeded - 1 tablespoon extra virgin olive oil - 1 cup French green lentils - 3 cups cold water - 1 pinch sea salt - 1 small onion
- finely diced - 2 stalks celery
- finely diced - 2 carrots
- peeled and finely diced - ½ cup finely chopped flat-leaf parsley - ½ teaspoon sea salt - ¼ teaspoon freshly ground black pepper - 1 tablespoon Dijon mustard - 2 small shallots
- coarsely chopped - ½ teaspoon sea salt - 5 tablespoons fresh lemon juice - 1 ½ tablespoons white wine vinegar - 1 ½ tablespoons balsamic vinegar - ½ cup extra-virgin olive oil

Instructions

1. Preheat oven to 425 degrees F (220 degrees C). Toss red pepper halves with 1 tablespoon of olive oil. Place them on a baking sheet and roast until the peppers are very soft and crisp at the edges
2. about 20 minutes. Allow peppers to cool
3. then dice into 1/4-inch cubes. Set aside in a large mixing bowl. Combine lentils and cold water in a saucepan and bring to a boil over high heat. Reduce the heat to low
4. add a pinch of salt
5. and simmer
6. covered
7. until the lentils are just tender to the bite
8. about 20 minutes. Remove from heat
9. drain
10. and cool. Transfer cooled lentils to the mixing bowl. Gently mix in the onion
11. celery
12. carrots
13. and parsley. Add 1/2 teaspoon sea salt and freshly ground pepper. Combine the Dijon mustard
14. chopped shallots
15. 1/2 teaspoon sea salt
16. lemon juice
17. white wine vinegar
18. and balsamic vinegar in a blender. Blend on High for 10 seconds. Gradually add olive oil and blend again until the dressing is fully emulsified and smooth. Pour 1/2 cup dressing over lentils and stir gently with a wooden spoon. Taste the salad and add remaining dressing if desired.