

Lentil Broccoli & Egg Salad with Crunchy Seeds



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Recipe By FoodieBook

Ref: 333

Heading: Salads

Cuisine: French

Food Type: Vegetarian

No of Portions: 4

Ingredients & Prep

4 Eggs free range
250 g Puy lentils pre-cooked
200 g Broccoli tender stem cut in half
3 tbsp Mixed seeds
1 tbsp Honey runny
1 tbsp Soy sauce
60 g Spinach
1 Avocado ripe & sliced

Dressing

3 tbsp Olive oil
1 tbsp Lemon juice
1 tsp Honey runny
2 tsp Water

Garnish

2 Spring onion finely chopped
sprinkle Fresh basil leaves, chopped

Suggestion & Tips

Can use nuts here.

Method

Step 1 - Cook egg from cold in water & bring to the boil for 6 mins so not too hard, cool in cold water.

Step 2 - Blanch broccoli in salted water for 4 mins, drain & place in ice cold water to refresh, set aside.

Step 3 - Heat a non-stick frying pan, add seeds, soy sauce & honey & fry off for 2 mins, remove & set aside.

Step 4 - Make the dressing by putting all ingredients into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, before dressing the salad.

Step 5 - Mix in a large serving bowl, puy lentils, spinach, avocado, broccoli & most of the dressing, then arrange the halved eggs on top, then sprinkler over the seeds. Drizzle with the remaining dressing, then sprinkle over the garnish & serve.