

Puy Lentil Salad

Puy lentils have a natural peppery taste and make a good salad to accompany cold chicken or guinea fowl.

Planning

serves:	4
prep time:	5 mins
cooking time:	15 mins

Ingredients

8 oz Puy lentils, rinsed
2 shallots, finely chopped
4 sprigs fresh thyme
2 tbs good olive oil
salt

Method

Cover the lentils with water in a small saucepan and add the sprigs of thyme. Do not add salt. Bring to the boil and simmer gently. After 5 minutes, add the chopped shallots. Continue to simmer for 10 minutes or until the lentils are tender but retain their shape.

Drain the lentils and remove the thyme sprigs. Put them into a bowl and stir in the olive oil. While still warm, add salt to taste, stirring gently to dissolve. Due to the natural peppery taste of Puy lentils, adding pepper should be unnecessary.

Allow the lentils to cool before serving.