

LENTIL AND BEAN SALAD

Portions: 4
Preparation time:
10 minutes
Cooking time:
20 minutes
Approx cost:
£4.02

Nutrition
Energy (kJ)
Energy (kcal)
Carbohydrate (g)
Protein (g)
Fat (g)
Fibre (g)
Sodium (mg)
Iron (mg)

Quantity per portion
1800.00
433.00
26.00
12.50
31.70
7.40
186.00
5.57

Ingredients

100g tinned brown, green or red lentils
100g tinned black-eyed or haricot beans
1 large garlic clove, crushed
1 lemon, zest and juice
130ml olive oil
80g kale, spinach or spring greens, chopped

2 tbsp green or black olives, chopped
8 sun-dried tomatoes, roughly chopped
Fresh flat leaf parsley or mint

For the dressing

1 large garlic clove, crushed
1 lemon, zest and juice
30ml olive oil



Did you know?

Fibre is key to keeping our digestive system healthy! The recommended daily fibre intake should be 30g for an adult.

Instructions

1. Place the lentils and beans into a saucepan with a splash of water and warm through.
2. Drain and rinse lentils and beans.
3. Put all the ingredients into a large bowl and mix with the remaining salad ingredients until combined.
4. Adjust seasoning to taste with salt and pepper or add lemon juice if needed.

Visit the NBRI website to find out more about the nutrition research taking place at Norwich Research Park.



CENTRE FOR
MICROBIAL
INTERACTIONS

