

Lentil salad

Ingredients required for 6 persons

Preparation time 45 minutes

Difficulty easy

Ingredients

350 g mountain lentils
1 apple
3 EL red wine vinegar
1 TL medium hot mustard
1 TL honey
3 TL herb salt
5 EL wheat germ oil
0.5 Bund chives



Preparation

Thoroughly wash the lentils and cook according to package instructions. Allow to drip in a sieve. Cut the apple into small dice or sticks and mix with the lentils. Prepare a dressing from red wine vinegar, mustard, honey, herb salt, finely chopped chives and wheat germ oil. Dress and toss over the salad before serving.