

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
½ 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.