

Brown Rice & Puy Lentils with Pine Nuts & Spinach Salad

Ingredients

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| 7 oz brown rice (See step 1.) step 2.) | 7 T extra virgin olive oil (See |
| 2 clv garlic, crushed (See step 2.) | 1 red onion, diced (See step 2.) |
| 2 celery stalks, diced (See step | 1 carrot, diced (See step 2.) |
| 7 oz puy lentils or tiny blue-green | 2.) |
| 2 tomatoes, seeded and diced (See | lentils (See step 2.) |
| 3 T chopped coriander (cilantro) | step 3.) |
| 3 T chopped mint (See step 3.) | (See step 3.) |
| 1 T lemon juice (See step 4.) | 2 T balsamic vinegar (See step 4.) |
| 90 g English spinach leaves (See | 2 T toasted pine nuts (See step 4.) |
| | step 4.) |

Brown Rice & Puy Lentils with Pine Nuts & Spinach Salad

Instructions

1. Bring a large saucepan of salted water to the boil. Add the rice and some salt and cook for 20–30 minutes, or until tender. Drain and rinse, then set aside.

2. Heat 2 tablespoons of the olive oil in a saucepan. Sauté the onion, garlic, carrot and celery over low heat for 5 minutes, or until softened, then add the lentils and 375 ml (13 fl oz/1½ cups) water. Bring to the boil, reduce the heat and simmer for 15 minutes, or until the lentils are tender. Drain well, but do not rinse.

3. Put the rice, tomato, coriander and mint in a large bowl. Add the lentil mixture and stir together.

4. Whisk the remaining oil with the vinegar and lemon juice. Season well with sea salt and freshly ground black pepper and pour over the salad. Add the pine nuts and spinach and toss well to combine.

Serve at room temperature.