



LENTIL SALAD WITH MISO YOGHURT DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

325g jar of lentils
10 cherry tomatoes
1/2 cucumber
1/2 red onion
1 tsp sea salt
1/2 lemon

Miso and yoghurt dressing

2 tbsp Greek yoghurt
1 tbsp extra virgin olive oil
1 tsp miso paste
1 tbsp apple cider vinegar

METHOD

1. Thinly chop the red onion and place in a sieve, sprinkle with the sea salt and massage briefly. Leave for a few minutes while you get on with preparing the other ingredients.
2. Rinse the lentils and place in a salad bowl.
3. Cut the tomatoes and cucumber and add to the bowl.
4. To make the dressing place all the ingredients into a small bowl and mix together with a fork.
5. Rinse the red onions and then squeeze over the lemon juice. The salt and lemon juice stop the onions tasting too raw in your salad.
6. Add the onions to the salad bowl and when you are ready to serve pour over the dressing.

For more recipes visit www.thehealthboost.co.uk