



# ROASTED SUMMER VEG AND LENTIL SALAD

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- 200g uncooked Puy lentils
- 1 tablespoon olive oil
- 1 large red onion (sliced)
- 2 bell peppers (I use 1 yellow and 1 red, cut into strips)
- 1 large courgette (sliced and halved)
- 1 tablespoon balsamic vinegar
- pinch of dried herbs
- 200g halloumi

## PREP TIME

- 30 minutes

## METHOD

- Preheat the oven to 180°C.
- Cook the lentils according to the packet instructions, drain and set aside.
- While the lentils are cooking place the onions, peppers and courgette in a roasting pan with the olive oil, balsamic vinegar and dried herbs. Add to the oven.
- You could also sauté the veg in a pan on the hob if you don't want to heat the oven up.
- Cook the veg for about 20 mins, stirring after 15 minutes and checking to make sure it doesn't burn.
- When the veg are nearly ready cook the halloumi in a dry pan over heat until lightly brown.
- When the veg and lentils are cooked tip into a bowl and serve with the halloumi.

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