



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: Nil

Serves: 4- 6

INGREDIENTS

- 1 can brown lentils, rinsed and drained
- 2 handfuls baby spinach leaves
- 1 avocado, peeled, seeded and diced
- 300g small tomatoes (cherry or grape)
- 2 Lebanese cucumbers, diced
- 1 tsp pink rock salt
- 2 finger limes
- Juice of half a lime
- ¼ cup olive oil
- Pepitas to garnish

METHOD

- In large salad bowl, combine lentils, spinach leaves, avocado, tomatoes and cucumbers.
- Sprinkle with salt, finger limes, lime juice and olive oil.
- Toss salad well, and sprinkle with pepitas.
- Refrigerate.

SPINACH, LENTIL, TOMATO AND LIME SALAD

