

Persian Red Lentil Salad

500 g Mount Zero Persian Red Lentils
1 bay leaf
1-2 cups chopped herbs (basil, parsley, etc)
4 finely diced tomatoes
4 sticks finely diced celery or a finely diced fennel bulb
3 cloves roasted chopped garlic
200 ml Mount Zero Extra Virgin Olive Oil
100 ml Mount Zero Red Wine Vinegar or lemon juice.

Rinse lentils. Cook in 4 cups of cold water, with bay leaf, just below a rolling simmer for 30 - 40 minutes or until tender. Drain and remove bay leaf. Mix lentils, oil, garlic, and ground black pepper together and leave to cool. Add remaining ingredients, mix and serve. Delicious with poultry and fish.

www.mountzeroolives.com/recipes