

LAMB'S LETTUCE & SPROUTED LENTIL SALAD



INGREDIENTS: (serves 2)

100g lamb's lettuce

1/2 cup sprouted lentils

1 apple, washed, cored and thinly sliced (don't peel!)

1 pre-cooked beetroot

The dressing:

2 teaspoons lemon juice

2 teaspoons olive oil

2 teaspoons balsamic vinegar

Lamb's lettuce is one of the first lettuces to appear in April. It's able to grow through low temperatures and remain succulent and the flavour remains mild and delicate. Its buttery leaves are perfect combo for sprouted lentils and earthy beetroot!

HOW TO MAKE IT:

- Thoroughly wash and dry the lamb's lettuce
- Mix lemon juice with olive oil and balsamic vinegar
- Chop apples and beetroot to desired size
- Put lamb's lettuce, apples, pre-cooked beetroot and sprouted lentils into a bowl, add the dressing and mix well
- Serve immediately

NOTE:

- *Lentils contain phytic acid, which can be difficult to digest*
- *Sprouting neutralizes the phytic acid, which means more vitamins and minerals can be absorbed by your body as they're digested*
- *Sprouting lentils starts the germination process, which changes the composition of the lentils*
- *Sprouting increases the amounts of vitamins and minerals in the lentils, especially B vitamins and carotene*
- *Sprouting produces Vitamin C*