

## MANGO, AVOCADO AND PUY LENTIL SALAD



### INGREDIENTS (serves 2 as a main)

150g puy lentils  
 150 g dark bulgur wheat  
 2 cloves of garlic  
 Couple of bay leaves  
 Ripe Mango  
 Pomegranate seeds  
 Ripe avocado  
 Endive salad leaves

### DRESSING:

Handful of coriander  
 2 Limes  
 2 Tbsp olive oil

You will love this mango, avocado and Puy lentil salad served with fresh lime dressing. Perfect for lunch or as a side dish to dinner.

### HOW TO MAKE IT:

- Place the bulgur in a bowl, cover with boiling water and leave to expand and cool for 30 to 45 minutes
- Put the lentils, garlic and bay leaves in a saucepan over a medium heat. Cover with water and bring it to the boil
- Reduce the heat and simmer, covered, for 15 - 20 minutes, or until tender. Drain in a colander, discard the garlic and bay leaves and place the lentils in a large mixing bowl
- Drain the bulgur in a colander, then transfer to a clean tea towel, wrap it up and squeeze tightly to get rid of excess water
- Mix the bulgur wheat with the lentils
- Chop lettuce and place in a salad bowl
- Peel and dice mango
- Add the lentils & bulgur wheat
- Add a few pomegranate seeds
- Scoop flesh from the avocado and chop/slice/dice according to preference
- Meanwhile for the dressing Chop coriander and add to a small bowl with the juice of 2 limes season with sea salt and black pepper then mix well
- Stir in the oil mix until combined
- Add to the salad