

Lentil Salad with Balsamic Vinegar and Styrian Pumpkin Seed Oil



Side dish

Kind of recipe



45 Minutes

Preparation

ca. 30 Minutes



easy

Severity



Ingredients for 4 people

150 g brown lentils
1 bay leaf
1 clove
thyme
fresh parsley
1 onion
1 clove of garlic
vegetables (carrot, celeriac, leek and spring onion)
butter
4 Tsp Styrian Pumpkin Seed Oil P.G.I.
vinegar
salt
pepper

Preparation

Wash the lentils with cold water and boil with the herbs at medium heat. The lentils should be al dente. Meanwhile slice the carrots, celeriac and leek into strips and blanch for a short time. Cut the onions and green onions into rings, chop the garlic finely and brown all in butter. Add the vegetables and toss to mix. Combine the vegetable with the strained warm lentils. Season with vinegar, Styrian Pumpkin Seed Oil P.G.I., salt and pepper. Serve with the fresh parsley sprinkled on top. Tip: This salad tastes also very good with some bacon. For this fry 20 g bacon without butter first before adding the rest of the ingredients.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch