

## Black beluga lentil and lamb's lettuce salad

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### **Starter: Serves 4**

#### ***Salad:***

- 150 g beluga lentils
- 120 g carrots
- 120 g celeriac
- 50 g leeks
- 30 g frozen herb mix (parsley, chives, garden cress, celery)
- 30 g lamb's lettuce
- salt, pepper

#### ***Marinade:***

- 30 g honey
- 30 g sugar
- 100 ml light or dark balsamic vinegar

#### ***Dressing:***

- 30 ml oil (e.g. rapeseed, grape seed)
- 25 ml light or dark balsamic vinegar
- 50 ml vegetable stock or water
- 30 g honey
- 120 g cooked potatoes until soft
- salt, pepper

#### ***Bread sticks:***

- 25 g flour
- 15 g water, lukewarm
- 1/2 teaspoon oil
- 3 g dried yeast
- 1 pinch of salt

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Preparation:

***Salad:***

- Cook beluga lentils in salted water for approx. 25-30 min. until soft, then drain
- Wash vegetables, clean, peel and dice to the size of lentils, cook in salted water for approx. 1 min., then drain
- Add balsamic vinegar, honey and sugar to a pan, cook for approx. 5-10 min. whilst stirring occasionally, until the marinade becomes slightly creamy
- Mix together the beluga lentils, vegetables, herbs and garnish, season with salt and pepper
- Wash and clean the lamb's lettuce

***Dressing:***

- Peel the potatoes and cook until soft in salt water
- Cut 30 g cooked potatoes into small lentil-sized cubes
- Mix the balsamic vinegar, oil, stock or water, honey and leftover, cooked potatoes in a beaker with a hand blender, until you create a creamy dressing.

Finally, season with salt and pepper and add the potatoes

***Bread sticks:***

- Mix flour with lukewarm water, oil, yeast and a pinch of salt and knead thoroughly
- Then cover and place in a warm area for around 30 min. (e.g. above the radiator)
- Shape the risen yeast pieces into small, 10 cm-long, pencil-thick sticks and bake in a preheated oven at 180°C for approx. 5 min

***Now, marinate the black beluga lentil and lamb's lettuce salad with the dressing, serve as desired***

Energy value per portion

345 kcal

129 protein

9.139 fat

45.729 carbohydrates

Energy value of the recipe

1377.46 kcal

48.039 protein

36.519 fat

182.899 carbohydrates