



Lentil salad with roasted fennel (and a kick)

Description

Fast and delicious, this super easy-to-make lentil salad has been one of my go-to salads for years. It's always good to keep a few cans of lentils around, because there is so much you can do with them.

To imagine that I only discovered about seven years ago that lentils could actually be good. What a waste of all those lentil-less years.

They're especially good for upping your protein when you don't want to use chicken or meat. This time, I made a lentil salad with roasted fennel and some spicy red chillies for that extra kick.

And if you like this one, have a look at my other lentil salads on Body Loves Food.

Nourishment

Fiber: high

Veggie level: medium-high

Keeps you full: if you have enough

Energy: light & steady

Mood: fresh, earthy & spicy

Details

Servings

2 servings

Prep time

10 minutes

Cooking time
5 minutes

Protein



Ingredients

- 2 cans of lentils (600-800gr)
- 1 red onion
- 1 red chili
- 1 fennel
- Lemon
- Olive oil
- Pepper & salt
- **Optional**
- Goats cheese or Feta