

Lentil salad with roasted fennel (and a kick)

Description

Fast and delicious, this super easy-to-make lentil salad with roasted fennel has been one of my go-to salads for years. Lentils bring a useful boost of plant protein and fibre, while roasted fennel and red chilli add sweetness, crunch and a little kick. Itâ€™s always good to keep a few cans of lentils around, because there is so much you can do with them. You are thinking, are canned lentils still healthy.., yes they are! Read more about that here.

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.

Theyâ€™re especially good for upping your protein when you donâ€™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.

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BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

8 / 10

BLF Flavour

8.5 / 10

BLF Easy

9 / 10

MAKE IT MORE BALANCED
If you want a more filling lunch, add the optional soft goatâ€™s cheese or feta on top. **(+0.5)**
Add a small handful of toasted walnuts or pine nuts when serving. **(+0.5**

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
20 minutes

Cooking time
5 minutes

Protein
~18-20gr per serving

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Ingredients

- 2 cans of lentils
- 1 red onion
- 1 red chili
- 1 fennel
- Lemon
- Olive oil
- Fresh parsley
- Pepper & salt
- **Optional**
- Soft Goats cheese or Feta (extra protein)

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Directions

- Heat the oven to 200 degrees. Slice the fennel into wedges or half rings, drizzle with olive oil and some pepper & salt. Roast in oven for about 20 minutes
- Drain the lentils well and rinse them briefly under cold water. Let them sit in the sieve for a minute so the salad doesnâ€™t end up watery.
- Put them in a bowl with the finely chopped red onion, chilli and parsley, and toss everything together
- Add the juice of half a lemon and big spoon of olive oil, pepper & salt
- Once fennel is done, let it cool for a few minutes
- Serve the lentils in 2 bowls, top with the roasted fennel. Add extra olive oil, lemon, pepper, salt to taste

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