

Spinach & Lentil Salad

Type: Salad **Serves:** 30 tastes **Recipe source:** Stephanie Alexander Kitchen Garden

Fresh From The Garden: herbs, garlic, lemon, onion, silver beet

EQUIPMENT:	INGREDIENTS:
medium saucepan chopping board and knife clean tea towel frying pan wooden spoon serving bowl zester citrus juicer	3 cups brown lentils 3 $\frac{1}{2}$ L water 3 cloves garlic 1 bay leaf 1 onion 10 stalks silver beet extra virgin olive oil (for frying plus $\frac{1}{4}$ cup for dressing) $\frac{1}{2}$ cup currants 1 lemon fresh herbs

What to do:

1. Put lentils, 1 garlic clove and the bay leaf into the saucepan with the water and a pinch of salt and pepper. Bring to the boil and simmer for 35 minutes, until soft.
2. Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
3. Finely slice the onion. Finely chop 2 garlic cloves.
4. Separate the green leaves and white stalks of the silver beet. Slice and chop the white ribs into small pieces. Shred the green leaves.
5. Gently sauté the onion, garlic and stalks of silver beet in olive oil for 2-3 minutes. Add to your serving bowl.
6. Zest and juice the lemon.
7. Add the silver beet leaves, lentils, currants, lemon zest, lemon juice, $\frac{1}{4}$ cup olive oil and herbs to the serving bowl. Gently mix all ingredients together.
8. Season to taste.