

Beetroot, Pear and Lentil Salad

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Serves: 2

Dietary fibre per serve: 18g

Preparation time: 10 minutes

Cook time: none!

Ingredients

- 1 tin (400g) brown lentils, drained and rinsed
- 1 tin (400g) baby beetroots, drained and quartered
- 1 medium pear, diced
- 1 cup of spinach or rocket leaves
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- ¼ tsp mustard powder
- 1 clove garlic, crushed
- Pepper to taste

Method

1. Place lentils, baby beets and spinach or rocket leaves in a large bowl.
2. In a screw-top jar, add olive oil, vinegar, mustard and garlic and shake to combine to make dressing.
3. Drizzle dressing over salad vegetables and toss to combine.
4. Season with pepper and serve.