



# Lentil salad

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions            4

with carrots and Moroccan spices

## Lentils

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200 g beluga lentils

600 ml water

## Salad

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soaked lentils, drained

500 g carrots (e.g. orange, yellow, purple), peeled, cut into 5 mm thick slices

3 cloves of garlic, chopped

3 tbsp olive oil

2 tbsp white wine vinegar

100 ml water

2 tsp smoked paprika powder  
(e.g. Pimentón de la Vera)

1 tsp ground coriander

1 tsp garam masala

½ tsp cayenne pepper

Some salt

Some pepper

## Serving

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½ bunch of coriander, chopped





½ bunch of flat-leaved parsley, coarsely chopped

