



Puy Lentil Salad with Prosciutto Wrapped Goat's Cheese

Make the lentils beforehand & have them ready in the fridge to cut serving time for this dish. Just microwave for a few seconds to re-heat.



2 slice goat's cheese

4 slices Prosciutto cured ham

¼ mugful Puy or lentils vert (75g)

½ small onion – finely chopped

1 small clove garlic - chopped

1 tsp chopped rosemary

½ tsp vegetable stock powder

1 tbsp chopped parsley

2 handfuls salad leaves

8 cherry tomatoes

2 tbsp oil

1 tbsp lemon juice

½ tsp mustard – wholegrain or Dijon

¼ tsp dried mixed herbs

1. Set the oven to 200C/400F/Gas6.
2. Cook the lentils – Put the lentils, chopped onion, garlic, rosemary & vegetable stock into a small lidded pan with equal quantity water, bring to the boil & simmer for 20 min.
3. Mix the lettuce and tomatoes together & make the dressing.
4. Wrap the goat's cheese in the prosciutto, and when the lentils are ready, bake in the oven for 10min.
5. Once the lentils are ready, stir through the dressing & parsley. Mix well and sprinkle ½ over the salad.
6. Top with the baked cheese and serve.

Hints, Tips and Variations

Gluten free.

Try different kinds of soft cheese – Brie, camembert, crotins.

Use Parma or Serrano ham for a change of flavour.

Use vine leaves or large spinach leaves instead of ham to make this dish vegetarian