MEDITERRANEAN · LUNCH · DINNER · SIDE

Mediterranean Lentil Salad with Cucumber and Herbs

25 min · Serves 4 · 352 kcal a serve · Video 7:28 · The Mediterranean Dish

Vegan · Gluten-free ingredients · No nuts listed

Each serve has about 13 g of fibre and 13 g of protein from lentils, more than a day's vitamin C from the peppers and lemon, and an olive-oil dressing.

Diet notes: Low saturated fat (2.6 g, 7% of the energy); DASH-friendly (300 mg sodium a serve).

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Ingredients 13 · SERVES 4

- [ ] 1 cup **black or green lentils**, rinsed
- [ ] 1 **bay leaf**
- [ ] **Lemon juice**: juice of 2 large lemons
- [ ] 1–2 large **garlic** cloves, pressed or minced
- [ ] a big pinch of **kosher salt** (about ½ tsp)
- [ ] a big pinch of **black pepper**
- [ ] ½–1 tsp **Urfa biber** (optional)
- [ ] ⅓ cup **extra-virgin olive oil**
- [ ] 1 **English cucumber**, cut into large pieces
- [ ] 2 **bell peppers** (red and yellow), cored and chopped
- [ ] 2 **green onions**, chopped
- [ ] ½ cup chopped **fresh parsley**
- [ ] ½ cup chopped **fresh mint**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the rinsed lentils and bay leaf in a pan with about 3 cups water (at least 1 inch over the lentils). Bring to a boil, then cover and simmer 20–25 minutes until tender but still holding their shape. Drain and discard the bay leaf. 0:22
2. In a large bowl whisk the lemon juice, garlic, salt, pepper and Urfa biber, then slowly whisk in the olive oil until emulsified. 1:11
3. Add the warm lentils to the dressing and toss. Let them cool for a few minutes. 5:05
4. Add the cucumber, bell peppers and green onions, then the parsley and mint. Toss, taste for salt and serve, or chill for up to 3 days. 5:12

> **Tip** Use green, black or Puy lentils; red lentils turn to mush. It tastes even better after a night in the fridge, so it is ideal for packed lunches. Serves 6 as a side.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
352 kcal 1,470 kJ	13 g 26% of a day	36 g 23 g net · 7.5 g sugars 13% of a day

FIBRE	FAT	SODIUM
13 g 45% of a day	19 g 2.6 g saturated 24% of a day	300 mg 13% of a day

Energy from net carbs 29% · protein 17% · fat 54%

High in (20%+ of a day) Vitamin C 127% · Folate 70% · Vitamin K 65% · Vitamin B6 31% · Iron 29% · Vitamin E 28%

Source of (10–19%) Zinc 19% · Potassium 17% · Magnesium 17% · Vitamin A 16% · Omega-3 14%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=sBfXW4nPJI8, published 26 April 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mediterranean-lentil-salad-herbs