Salads / Ireland

Warm lentils, sweet potato and parsnip salad · Ireland

A warm salad of cooked pulses and vegetables with a Ireland-inspired dressing.

Time 30 min **Servings** 4

What you'll need.

- ☐ 650 g drained cooked lentils
- ☐ 350 g sweet potato
- ☐ 300 g parsnip
- ☐ 30 ml neutral cooking oil
- ☐ 25 ml lemon juice
- ☐ 15 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 10 ml apple cider vinegar
- ☐ salt and pepper to taste

Let's make it.

01 Rinse and drain the cooked pulses. Clean the vegetables and cut into bite-sized pieces.

02 Boil or steam each vegetable separately until tender, allowing longer for firmer varieties. Drain well.

03 Heat the pulses in a saucepan with a splash of water until piping hot.

04 Whisk the oil, lemon juice and listed flavourings into a dressing. Toss with the warm vegetables and pulses and serve.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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