




## inspired recipe

### Warm Puy Lentil Salad *with Roasted Sweet Peppers and Honey-Lemon Dressing* by Rosemarie Sellers

In Ayurveda, food is your first medicine and a well balanced diet should incorporate the six tastes of sweet, sour, salty, bitter, pungent and astringent. This recipe is one of my favourites which I love to take with me for lunch instead of a sandwich. I have cooked many variations of this and altered it according to season, adding cooked carrots instead of peppers in the winter and using thyme instead of mint.

A small slate-green lentil, with a delicate blue marbling - Puy lentils are considered by many to be the best lentil because of their unique peppery flavour and the fact they hold their shape during cooking. They're the only lentil to be identified by area of cultivation - grown in the Le Puy region of France.



**Recipe serves 4**

6oz Puy lentils  
1 roasted red pepper, (peeled & deseeded and then cut into strips)  
1 small handful dried cranberries  
2 tablespoons chopped fresh basil  
2 tablespoons chopped fresh mint  
Zest of 1 lemon  
a few handfuls of rocket  
Toasted pine nuts

**Dressing:**  
2 tbsp extra-virgin olive oil  
1 tbsp lemon juice  
1 tsp honey  
Salt to taste  
Fresh ground black pepper

Soak the lentils for 2 hours then drain and rinse. Place in a saucepan with 2.5 cups water. Bring to boil and let simmer for 25 - 30 minutes until tender. Drain any remaining water. Arrange the rocket on individual plates. Combine lentils, red pepper, basil and mint ingredients in another bowl. Whisk together the dressing in a large mixing bowl. Add the dressing to the lentil mixture, toss well and season with salt and pepper. Mound the lentil salad on the rocket and sprinkle some toasted pine nuts over it.

**Variations**  
If you are of vata constitution whole green mung beans should be substituted for the puy lentils. You can also add sunflower or pumpkin seeds as a garnish instead of pine nuts

Rosemarie Sellers is an Ayurvedic Nutrition therapist. She gives consultations as well as talks and workshops throughout the UK. For further information go to [www.ayurvedaforeveryone.com](http://www.ayurvedaforeveryone.com) 