

BELUGA LENTIL SALAD

(TARA KHATTAR'S FAVORITE SALAD)

This is one of my absolute favorite salads! I have been working on the Beluga Lentil salad recipe over the years to refine it, and I'm happy to finally share it with you, specially that it has the surprising ingredient of Cortas Rose Water.

It's super fresh, easy to make and would be great for lunch or home party.

◆ INGREDIENTS

- ¼ cup cranberries
- 1½ black lentils
- ¼ cup flaked almonds
- 1 bunch scallions
- 3 small cucumbers
- ¼ bunch cilantro
- ¼ cup flaked almonds
- ¼ cup pomegranate seeds
- 2 limes
- 2 tbsp Cortas rose water
- 2 tbsp mustard
- 2 tbsp honey
- 3 tbsp apple cider vinegar
- ¼ cup Cortas extra virgin olive oil
- Salt & Pepper



◆ METHOD

- To cook the lentils, cover them with water, in a medium size pot, add salt, and bring to a boil.
- Once the water boils turn down the heat, cover and let boil for 15/20mins.
- Meanwhile prepare your vinaigrette, following below recipe and dice the cucumbers
- Chop the scallions and the cilantro twice to make sure they are as thin as possible.
- Rinse the cooked lentil under running water, add them to the chopped vegetables along with the almonds and cranberries
- Mix everything together and incorporate the vinaigrette.
- Garnish with fresh pomegranate seeds and enjoy!

To prepare the dressing:

While your lentils are boiling, make your Rose water vinaigrette by whisking together, the mustard, honey, apple cider vinegar, Cortas rose water, Cortas Olive oil and the juice of one lemon. Season with salt and pepper to taste.

Sahtein!.