

Mediterranean Lentil Salad

Serves 6-8

1.5 cups lentils
1 bay leaf
1/2 cup sliced sundried tomatoes
1/3 cup kalamata olives, pitted and chopped
1/3 cup chopped parsley
1 shallot, minced
3 Tbsp. red wine vinegar
1 tsp. dijon mustard
2 Tbsp. good quality extra virgin olive oil
3 oz. goat cheese, crumbled
sea salt and freshly ground pepper

Bring a pot of water and the bay leaf to a boil. Rinse and pick over the lentils, and then add them to the boiling water. Cook until soft, about 20-25 minutes.

Drain the lentils and set aside to cool slightly. Toss with the sundried tomatoes, olives and parsley.

Whisk together the shallot, red wine vinegar and dijon. Slowly add the olive oil, whisking constantly until the dressing emulsifies. Season to taste with salt and pepper. Pour the dressing over the slightly warm lentils and mix to combine. Top with the goat cheese crumbles. Serve at room temperature.