

ELIZABETH

MEATYARD

EXCLUSIVE RECIPES, QUICK, EASY, DELICIOUS...



Spicy Lentil Salsa



YOU WILL NEED:

500g puy lentils
2 medium red onions diced
90g fresh ginger peeled and chopped
4 cloves garlic chopped
4 medium chillis chopped - I use those jars of ready to use crushed chilli (about a teaspoon)
2 tsp cumin seed
2tbsp ground cumin
150ml balsamic vinegar
120g sweet chilli sauce
120g tomato ketchup
80ml sweet soy
100ml olive oil
salt freshly ground pepper
120g sundried tomato ,thinly sliced.
1 bunch coriander

This is for everyone that has ever asked me for this recipe and not received it.

This is so easy, just cook lentils as per instructions on packet, to a slight crunch so about 25 minutes. Bring all the other ingredients (except the coriander) to boil and simmer for a few minutes to release the flavours. Add cooked and drained lentils to the mixture and stir until fully combined.

That's it. Just leave to cool and add chopped coriander before serving to your guests. Fantastic with salmon believe it or not, cold meats and last evening I added a cup of sultanas to the salsa and served it with cheese and bread.

To guests attending the Ripieno Choir winter concert, this seemed to go down very well.

Don't worry about buying such a long list of ingredients. I promise you this will be a recipe you will return to often.

.....
Thank you to Edward who got the recipe from a friend who in turn brought it home from a holiday in Barbados. We love it!!

Elizabeth Meatyard writes exclusively every month for LIVING WITHIN, sharing recipes that you can cook and eat, day in, day out.

When she's not writing, Elizabeth runs her own catering company, From Me To You, based in Surrey.