



LENTILLONS ROSE TABOULE

(PREPARATION: 15MIN. COOKING TIME :25 MINUTES SERVES 4/6)

250G LENTILLONS ROSE
JUICE OF ONE LEMON
JUICE OF ONE LIME
1 PINK ONION OR SHALLOT IF NOT AVAILABLE
15 SPRIGS MINT
15 SPRIGS PARSLEY
SALT AND PEPPER

RINSE AND DRAIN LENTILLONS IN COLD WATER. PLACE THEM IN A LARGE POT OF COLD WATER.

BRING TO A BOIL AND COOK ON LOW HEAT FOR 15-25MIN.

WASH AND CHIFFONADE THE HERBS. FINELY MINCE ONION OR SHALLOT.

MIX ONION, HERBS, JUICES, SALT AND PEPPER. LET STAND WHILE LENTILLONS ARE COOKING.

ONCE LENTILLONS ARE COOKED UNTIL TENDER, RINSE IN COLD WATER. DRAIN. MIX THE HERB MIXTURE WITH THE LENTILLONS AND REFRIGERATE FOR ONE HOUR.

SERVE COLD AS A MAIN DISH OR AS A SIDE DISH WITH GRILLED MEAT OR FISH.

