



Tuscan kale, cabbage and beluga lentil salad with cranberries

serves 2 as a lunch or 4 as a side

2/3 cup black lentils (beluga) + 2 cups water
1 cup red cabbage, finely shredded
1 cup tuscan kale (or kale of your choice), finely shredded
1/4 cup sunflower seeds
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2 tbsp sunflower seeds, toasted
a handful fresh cranberries (frozen or dried if you can't find fresh)

For the dressing

2 tsp wholegrain mustard
1 tsp honey
5 tsp white balsamic vinegar
8 tsp extra virgin olive oil
1 garlic clove, crushed
pinch of sea salt

- 1) Put the lentils in a saucepan, cover with water and add a pinch of salt. Bring to the boil and cook for 15 minutes, or until the lentils are tender but not falling apart. Take the saucepan off the heat and if time allows (you can do this one day ahead) let the lentils cool in their cooking liquid. This way they keep their consistency better, and taste more too. Once cooled, drain and set aside.
- 2) Rinse and halve the cranberries. Toast the 2 tablespoons sunflower seeds in a dry frying pan until golden.
- 3) To make the dressing, put the mustard, honey and vinegar into a cup or small jug. Mix well using a fork and then slowly add the olive oil in a steady stream. Add garlic and salt to taste.
- 4) Gently toss the kale and the cabbage together with the lentils, sunflower seeds and the dressing. Top with the toasted sunflower seeds and the cranberries.

Serve with meat or poultry or if vegetarian with avocado, eggs etc.