

Persian Fetta, Lentil & Pomegranate Salad

SERVES 4-6



INGREDIENTS

Salad

- 1 bunch Swiss chard or silverbeet chopped (2-3 cups chopped leaves)
- 1 tbsp olive oil
- 2 cups cooked brown lentils, drained (canned or steamed)
- 1 pomegranate, seeds of 1 small
- Red onion, finely chopped
- 1/2 large cucumber, finely chopped
- 275g jar of Yarra Valley Dairy Persian Fetta

Dressing

- 1/2 cup freshly squeezed lemon juice
- 1/3 cup of the oil from the Persian Fetta jar (or extra virgin olive oil)
- 2 tsp honey
- 1 tsp French mustard
- 1 tbsp freshly chopped mint leaves
- 1 tbsp freshly chopped parsley leaves
- 1/4 tsp ground cumin
- Salt and pepper

METHOD

1. Heat 1 tbsp olive oil in a large frypan over med-high heat and sauté the Swiss chard briefly until wilted. Season with a small pinch of salt and let cool.
2. In a large mixing bowl mix together the sautéed Swiss chard, lentils, pomegranate seeds, red onion, and cucumber.
3. In a small bowl, whisk together lemon juice, olive oil, honey and mustard to combine. Add ground cumin, salt, pepper and chopped herbs. Whisk again.
4. Drizzle the dressing over the salad and gently toss with a spoon. Top with crumbled Yarra Valley Dairy Persian Fetta.
5. Enjoy at room temperature or slightly cooler.

