

Lentil Salad with creamy Tahini dressing

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 1 can lentils, strained and rinsed
- ½ red onion, finely diced
- 2 cucumbers, seeds removed and finely diced
- 2 sticks of celery, finely diced
- 1 punnet of cherry tomatoes, cut into quarters
- 1 corn cob, kernels cut from cob
- 1 red capsicum, diced
- Handful of baby spinach
- Bunch of parsley, chopped
- Bunch of mint, chopped
- CREAMY TAHINI DRESSING:**
- 1/4 cup olive oil
- 1/4 cup tahini
- Juice of a lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon Maple syrup
- 1/4 teaspoon of salt
- 1 ½ tablespoons cold water
- Pinch of pepper

Equipment:

- Metric measuring spoons and cups
- Chopping boards
- Cook's knife
- Colander
- Whisk
- Spatula
- Mixing bowls

Method:

1. Prepare all ingredients as stated in the ingredients list above.
2. Combine all chopped salad ingredients in a large mixing bowl.
3. In a medium mixing bowl, combine the olive oil, tahini, lemon juice, Dijon mustard, maple syrup, salt and pepper. Whisk until thoroughly blended. Then add the cold water and whisk again. The dressing should be very creamy. Check for seasoning.
4. Add desired quantity of dressing to the salad and toss to combine. Any spare dressing can be stored in a jar and kept in the fridge for another time.
5. Enjoy! 😊