



## Cumin

### Moroccan Lentil Salad

*Serves 4-6*

#### **INGREDIENTS**

500g brown lentils  
3 large ripe tomatoes, diced  
2-3 shallots, finely chopped  
5 cloves of garlic, crushed  
2 tsp ground cumin  
1 tsp ground ginger  
½ tsp freshly ground black pepper  
2 litres vegetable stock  
small handful of fresh coriander leaves  
20-30 black olives  
salt, pepper and ground cumin to taste

#### **METHOD**

1. Place the lentils, shallots, garlic, cumin, ginger, pepper and vegetable stock in a large lidded saucepan. Bring the contents to the boil then reduce the heat to a simmer.
2. Cover with the lid and simmer for about 1½ hours or until the lentils are tender and the sauce has thickened. Add a little water if the liquid evaporates before the lentils are fully cooked.
3. Spoon the lentils into a bowl and set aside to cool slightly
4. Scatter the tomatoes onto a serving plate and season with salt to taste. Use small individual plates if preferred.
5. Spoon the lentils over the tomatoes and sprinkle with a little cumin. Garnish with coriander leaves and black olives before serving.