



Lentil, Tomato and Egg Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

200g lentils
2 tomatoes, quartered
2 eggs
1 green pepper, chopped
2 tsp sunflower seeds
A bit of balsamic vinegar (optional)

Instructions

- 1) Bring the eggs to boil. Leave to simmer for 7-10 minutes. Drain and cool.
- 2) Arrange the rest of the veg on the plate.
- 3) Slice the egg and place on top of the salad, drizzling some balsamic vinegar over the top if you like.
- 4) Sprinkle over sunflower seeds.