

**LENTIL SALAD WITH POACHED EGG** 10 minutes 20 minutes 2 portions**INGREDIENTS**

- 1 Can of lentils (400 g)
- 1/2 of red onion
- 60 grams of mixed salad leaves
- 1 1/2 tbsp dried currants
- 2 large eggs
- 40 grams of cheese, feta
- 1 tsp of olive oil, (5 g)
- 2 Tbsps of dukkah (15 g)

COOKING METHOD

- 1° Divide lentils, onion, salad leaves and currants between serving plates, set aside.
- 2° Bring a medium saucepan of water to a simmer. Working one at a time, crack eggs into a small bowl. Stir the water to create a whirlpool, and slide the egg gently into the water. Simmer eggs for 2 minutes for a soft yolk, or until done to your liking. Use a slotted spoon to lift out
- 3° Place eggs on serving plates with salad. Scatter with feta and drizzle with oil. Sprinkle with dukkah.
- 4° NOTE: Dukkah is a mixture of ground spices, nuts and seeds from Egypt. You'll find it in the spice section at the supermarket.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (274 g)	% DRI
ENERGY	97 kcal	266 kcal	13 %
FAT	4 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
CHOLESTEROL	58 mg	158 mg	53 %
SODIUM	97 mg	266 mg	11 %
CARBOHYDRATE	8 g	21 g	7 %
SUGARS	2 g	6 g	—
FIBER	0 g	1 g	5 %
PROTEIN	5 g	15 g	—