

# BOWLAND

FOOD HALL

INSPIRED RECIPES



*Simple Lentil Tuna & Pepper Salad*

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# Simple Lentil Tuna & Pepper Salad

Prep 5 mins | Ready in 10 minutes | Serves 2-4

## INGREDIENTS

1 Jar Navarrico Lentils

1 Tin Ortiz Bonito Tuna in Escabeche Sauce (Add an extra tin of tuna and the dish will serve 4)

3 tbsp Olive Oil

2 tbsp Sherry Vinegar

1/2 Onion, finely chopped

1 Jar Odysea Flame Roasted Red Peppers

1/2 jar Black Olives

A handful of Cherry Tomatoes, halved

1/2 Packet of Rocket Leaves



## METHOD

1. Empty the jar of lentils into a sieve and run under a cold tap to rinse
2. Open the tin of tuna and drain
3. Make the dressing by mixing together the olive oil, sherry vinegar and a pinch of salt and pepper.
4. In a large bowl mix together the lentils, tuna, onion, pepper strips, olives, tomatoes and rocket.
5. Pour over the dressing and gently mix everything together and serve.

Try with an ice cold  
Whispering Angel Rosé Wine!



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