

PERSIAN FETTA, LENTIL AND POMEGRANATE SALAD

SERVES: 4
PREP: 20 MINS
COOK: 10 MINS



INGREDIENTS

SALAD

- 1 bunch Swiss chard or silverbeet chopped (2-3 cups chopped leaves)
- 1 tblsp olive oil
- 2 cups cooked brown lentils, drained (canned or steamed)
- 1 pomegranate, seeds of
- 1 small red onion, finely chopped
- 1/2 large cucumber, finely chopped
- 350g Yarra Valley Cheese Persian Fetta

DRESSING

- 1/2 cup freshly squeezed lemon juice
- 1/3 cup of the oil from the Persian Fetta tub (or extra virgin olive oil)
- 2 tsp honey
- 1 tsp French mustard
- 1 tblsp freshly chopped mint leaves
- 1 tblsp freshly chopped parsley leaves
- 1/4 tsp ground cumin
- Salt and pepper
- 120g Yarra Valley Cheese Fresh Goats Cheese crumbled
- 2 tsp dried chilli flakes
- 3 tablespoons extra virgin olive oil

METHOD

1. Heat 1 tblsp olive oil in a large frypan over med-high heat and sauté the Swiss chard briefly until wilted. Season with a small pinch of salt and let cool.
2. In a large mixing bowl mix together the sautéed Swiss chard, lentils, pomegranate seeds, red onion, and cucumber.
3. In a small bowl, whisk together lemon juice, olive oil, honey and mustard to combine. Add ground cumin, salt, pepper and chopped herbs. Whisk again.
4. Drizzle the dressing over the salad and gently toss with a spoon. Top with crumbled Yarra Valley Cheese Persian Fetta.
5. Enjoy at room temperature or slightly cooler.



yarra valley cheese

The way cheese should be.