

Rainbow Salad Jar

Serves: 2

Prep time: 15 minutes

Cook time: 0 minutes



2 ½ serve per portion

Ingredients

1 tablespoon extra virgin olive oil

½ tablespoon balsamic vinegar

½ cup canned brown lentils, drained

½ cup red cabbage, finely shredded

½ small carrot, grated

½ cup alfalfa sprouts

½ small red onion, finely sliced

2 sprigs basil

2 small eggs, boiled, sliced

Method

PLACE the oil and balsamic vinegar into the base of a 500ml jar then add lentils on top.

LAYER the red cabbage, carrot, alfalfa sprouts, red onion and herbs in the jar then top with the eggs.

PRIOR to serving, tip the closed jar upside down to allow dressing to run through the salad.

SERVE in a bowl.



Everyday Food

Recipe courtesy of the Country Kitchens team