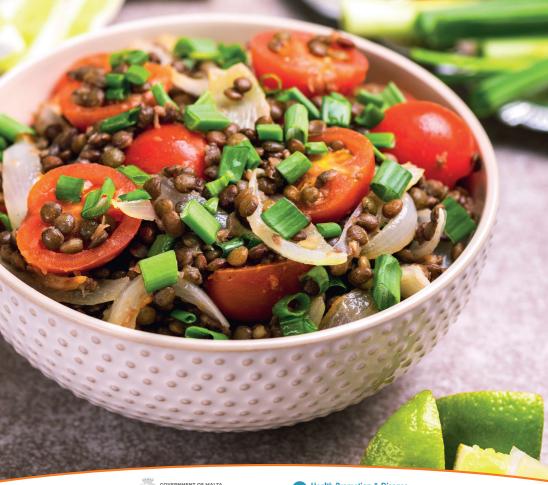
# Bean & Lentil Pasta Salad with Cumin-Lemon Dressing









## **Bean & Lentil Pasta Salad** with Cumin-Lemon Dressing

#### **Ingredients**

50g uncooked green/brown lentils 50g can black beans, rinsed thoroughly 1 red onion, finely chopped 1 yellow bell pepper chopped into small pieces 6 cherry tomatoes halved 1 handful of parsley 1 tsp extra virgin olive oil 160g cooked wholegrain farfalle

### For the dressing

1 tbsp lemon juice 1/2 tsp Dijon mustard 1 clove garlic 1/2 tsp ground cumin Pinch of dried thyme Freshly ground black pepper

#### Method

- 1. Cook the lentils until tender not mushy and drain well
- 2. In a small bowl, mix all the dressing ingredients and
- 3. In a large bowl place the black beans, cooked lentils, bell pepper, onion, tomatoes, and parsley.
- 4. Add the cooked pasta
- 5. Re-stir dressing and add to the salad and toss to
- 6. Serve



Tip: Beans are high in antioxidants, which have anti-inflammatory, anti-cancer, and immune-boosting effects.