

Roasted pear and lentil salad

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Try this simple and delicious lentil salad as a side or add grilled meat for a wholesome dinner idea.

Ingredients (serves 2-4)

- 2 [pears](#)
- 2 tbsp rice malt syrup
- $\frac{3}{4}$ tsp salt
- 1 tsp plant-based [oil](#)
- 400 g brown lentils
- 2 tbsp pepitas
- 1 tbsp [sunflower seeds](#)
- 2 cups mixed salad leaves
- 2 tbsp orange juice
- 1 tsp hibiscus vinegar
- 1 tbsp olive oil

Method

Preheat the oven to 180°C (350°F).

Slice the pears and place them in a bowl with the rice malt syrup, half the salt and the plant-based

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oil. Toss everything together to coat the pears.

Place the pears on a baking tray and bake for 15 minutes until nicely roasted.

Drain and rinse lentils and place them in a bowl with the pepitas, sunflower seeds, remaining salt and mixed salad leaves. Mix together and place in two to four serving bowls or plates. Top with the roasted pears.

In a small bowl combine the orange juice, hibiscus vinegar and olive oil and lightly drizzle this dressing over the salad at the last minute before serving.

Recipe and images by [Kate Bradley](#)

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