



© Céline de Cérou pour France Olive

#### For 4 servings:

- 250 g Puy green lentils
- 2 carrots
- 1 piece of pumpkin/squash
- 1 red onion
- 150 g feta cheese
- 6 tbsp **PDO huile d'olive de Nîmes**
- 2 tbsp balsamic vinegar
- 2 tsp honey
- 3 cloves
- 1 bay leaf
- Salt, pepper, fresh herbs (parsley, coriander leaf)



Preparation: 25 min  
Cooking: 25 min

Rinse the lentils, then cook them for 20 to 25 minutes in boiling water with the bay leaf and cloves. Drain and set aside, taking care to remove the bay leaf and cloves.

Whilst the lentils are cooking, take time to cut the vegetables into pieces, mix them with 2 tablespoons of olive oil, salt and pepper (you can add spices such as turmeric or curry powder). Roast for 25 minutes in the oven at 200°C.

In a bowl, make a vinaigrette using 4 tablespoons of olive oil, balsamic vinegar, and honey.

Mix the lentils, roasted vegetables, and crumbled feta. Drizzle with vinaigrette. Sprinkle with fresh herbs.

## What about the olive oil?

We advise you to use an intense-tasting PDO huile d'olive de Nîmes for its aromas of greenery, dry hay, pineapple, yellow plum and raw artichoke, sometimes rounded off with notes of red plum and apple.

You can also use one of these PDO olive oils: Aix-en-Provence, Corse - Oliu di Corsica, Haute-Provence, Provence, Vallée des Baux-de-Provence.

