



THE SCOTCH MALT
WHISKY SOCIETY



LENTIL ORANGE SALAD AND A PEATED SOCIETY FLAVOUR PROFILE



Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4 plates

Ingredients:

1 1/3 cup beluga lentils (*cooked*)

3/4 cup kidney beans (*cooked*)

4 tbsp tamarind chutney

4 tsp garam masala

1/2 fresh orange (*sliced*)

12 tbsp green peas (*fresh or thawed*)

4 tsp green chili (*freshly chopped*)

5 tbsp coriander leaves (*freshly chopped*)

8 tsp pomegranate seeds

8 tbsp radish sprouts (*optional*)

1/2 tsp lemon zest (*freshly grated*)

2 tsp salt (*or to taste*)

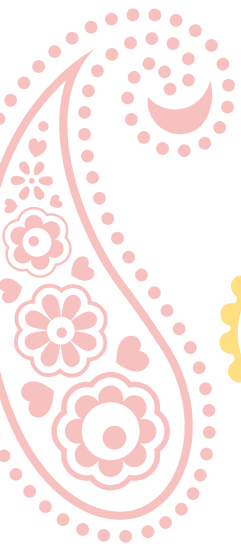
2 tsp pepper (*or to taste*)

For more recipes and plant-based inspiration head to myelephantkitchen.com
or follow Shiruna on Instagram [@eat.click.travel](https://www.instagram.com/eat.click.travel)



Procedure:

1. In a bowl mix the lentils, kidney beans, tamarind chutney and garam masala. Scrape this out onto a plate.
2. Spread out the orange slices, green peas, green chili on the plate.
3. Dress with fresh coriander, pomegranate seeds, radish sprouts and lemon zest. Then sprinkle salt and pepper on top and it's ready.



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