

Lentil Radicchio Salad with Vanilla Dressing

Total Time: 45 mins

Portions: 4 Portions



Ingredients

For the salad

200 g Bulgur Lentils
leaf Bay Leaves
1 tsp Salt
200 g Carrots
200 g Shallots
500 g Celery
50 ml Extra virgin olive oil
100 g Radicchio

For the toppings

50 g Walnuts
320 g Pears 2 pears
15 g Caster Sugar
20 ml Lemon Juice

For the dressing

30 g Honey
40 ml White Balsamic Vinegar
60 ml Walnut Oil
pinch Salt
pinch ground black pepper
2 tsp Taylor & Colledge Vanilla Bean Extract
30 g Mustard

Preparation

1. Cook the lentils with the bay leaves in approx. 1 litre of salted water for about 30 minutes over medium heat. When cooked, drain through a sieve and remove the bay leaves. In the meantime, peel the carrots and shallots and wash the celery. Cut everything into small cubes. Heat the olive oil in a saucepan over medium heat and sauté the diced vegetables for 3–4 minutes until translucent. Season with salt and pepper. Mix with the drained lentils in a bowl. Cut the radicchio into thin strips, wash, and drain thoroughly. Add to the lentils.
2. Mix the mustard, honey, and vinegar together. Whisk in the walnut oil. Season generously with salt and pepper. For a special vanilla flavour, stir in the Taylor & Colledge Vanilla Extract at the end. Pour the dressing over the salad and mix gently.
3. Preheat the oven to 160/°C (fan). Spread the walnuts on a baking tray and roast for 6–8 minutes. Coarsely chop afterwards. Peel the pears, quarter them, and remove the cores. Caramelize the sugar in a pan over medium heat. Add the pears, cook for 2–3 minutes, then deglaze with lemon juice. Arrange the warm pears on top of the salad. Top the salad with the roasted walnuts and serve.