



# How to boil lentils

**30 minutes**

Hands on

**2**

Portion(s)

**1**

Difficulty



## Ingredients

- 250 g lentils
- 500 g water
- 1 clove(s) of garlic
- 1 bay leaf
- salt
- pepper, freshly ground
- olive oil
- vinegar, of white wine to serve

## Διατροφικός πίνακας

Nutrition information per portion

372 Calories (kcal)	8.2 Total Fat (g)	1.1 Saturated Fat (g)	45.0 Total Carbs (g)
19%	12%	6%	17%
1.2 Sugars (g)	24.5 Protein (g)	9.0 Fibre (g)	0.03 Sodium (g)
1%	49%	36%	0%

## Method

- In a pot add 1 cup of medium sized lentils and 1 liter of water.
- Place your pot over high heat and bring to a boil.
- As soon as it starts to boil, remove from heat and drain.
- Discard water.
- Transfer the lentils back to the pot and add another liter of fresh water.
- Add 1 clove of garlic, 1 bay leaf, salt and freshly ground pepper.
- Place pot back over high heat.
- Bring to a boil and cook for 10-15 minutes.
- The amount of time needed for boiling, depends on the size of the lentils you are using.
- When ready remove from heat and drain.
- Remove the garlic and bay leaf and serve.
- Drizzle with some extra virgin olive oil and a little white wine vinegar.
- A dish that can also be served as a side dish with many other foods and also be added to salads.