



Zucchini and lentil salad

20'
Hands on

4-6
Portion(s)

1
Difficulty



Ingredients

- 400 g zucchinis
- 250 g halloumi cheese
- 200 g lentils, boiled
- 150 g strained yogurt
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon, to serve
- 1 tablespoon(s) olive oil
- 1 tablespoon(s) turmeric
- 1 tablespoon(s) mint, finely chopped + extra, to serve salt
- salt
- pepper, to serve

Διατροφικός πίνακας

Nutrition information per portion

227 Calories (kcal)	13.0 Total Fat (g)	7.8 Saturated Fat (g)	9.8 Total Carbs (g)
11%	19%	39%	4%
4.0 Sugars (g)	15.0 Protein (g)	2.9 Fibre (g)	1.5 Sodium (g)
4%	30%	12%	25%

Method

- With a mandoline slicer cut the zucchini into ribbons, each 0,5 cm thick, or cut them with a peeler into slices, lengthwise.
- Transfer the ribbons into a large [bowl](#).
- Cut the halloumi into 1 cm cubes and add them to the bowl with the zucchini. Add the lentils and mix.
- In another bowl, with a spoon, mix the yogurt, lemon juice and zest, olive oil, turmeric, mint, and salt.
- Add the sauce into the bowl with the vegetables and mix with a serving spoon.
- Season to taste and serve with mint, lemon zest, and pepper.