

Vaspav Salad



Recipe

Red Lentils 1500gr Water 3000gr

Lentil boiled 3000gr
Sweet pepper 9gr
Black Pepper 6gr
Cumin 9gr
Red hot pepper powder 150gr
Salt 24gr
Promegrenate Molasses 384gr
Lemon juice 972gr
Olive oil 60gr
Chopped onion 75gr
Chopped Coriander 48gr

Makes 12 portions



Boil the Red lentils in water untill it is medium cooked.

Put the Red Lentils in a strainer and let it dry and cool.

Place in a mixing bowl the boiled cooled red lentils, chopped tomatoes, chopped onions, black pepper, sweet pepper, cumin, coriander, red pepper powder, pomegranate molasses, salt, lemon juice and olive oil.

Mix well and pour 350gr of the mixture in a small serving bowl.

Decorate it with chopped coriander.