

RECIPE | PEPPERS



LENTIL & LONG SWEET PEPPER SALAD



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Recipe created by *Amee Vora*



INGREDIENTS

- 3 ct** Pure Flavor® Craft House Collection® Aurora Long Sweet Peppers
- 1 cup** Pure Flavor® Sangria® Medley Tomatoes, halved
- 1** Pure Flavor® Long English Cucumber
- 8** leaves of fresh mint
- 1** green chili, finely chopped
- 1** carrot, shredded
- ½ cup** yellow moong lentils, soaked & washed
- ¼ cup** cabbage, chopped

- ¼ cup** peanuts, coarsely crushed
- ¼ cup** fresh coconut, chopped
- 2 tbsp** cilantro, finely chopped
- 1 ½ tbsp** lime juice
- 1 tsp** black pepper
- 1 tsp** salt

DIRECTIONS

- 1 Slice the peppers into rounds and chop cucumbers into bite-sized pieces.
- 2 Mix the vegetables, lentils, coconut, chili, and cilantro in a large bowl.
- 3 Add salt, pepper & lime juice, and toss to combine.
- 4 Garnish with peanuts and mint leaves and enjoy!



10 min

10 min
PREP.

0 min
COOKING



4



easy