



RECIPE | PEPPERS

LENTIL & LONG SWEET PEPPER SALAD



10 min

10 min
PREP.

0 min
COOKING



4



easy

INGREDIENTS

Recipe created by *Amee Vora*

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
1½ 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!

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