

# Lentils with smoked salmon

CUISIMAGES

Ref :  
**1006**

Type :  
Cold starter

Preparation :  
15 min  
Rest :30 min

Cooking :  
25 min

Cost :  


Difficulty :  


Origin :  




## For 6 persons

- 300 g of green lentils beans
- 6 slices of smoked salmon
- 1 onion / 1 carrot
- 1 bay leave / salt and pepper
- 3+2 tablespoons of olive oil

## Vinaigrette sauce:

- 5 tablespoons of : olive oil / nut oil / orange juice
- 1 tablespoon of : mustard with seeds / mustard of Dijon
- Salt and pepper



Peel and dice onion and carrot.

In a saucepan, cook gently for 5 min in olive oil (3 tablespoons).

Mix.

Add lentils and bay leave.

Cover with cold water, salt and pepper.

Cook for 20 to 30 min over a medium heat and strain.

Press the orange and keep 5 tablespoons of juice.

Prepare vinaigrette sauce :

In a bowl, mix mustards.

Add olive oil while stirring to thicken the sauce, nut oil and orange juice.

Add 2 tablespoons of olive oil, salt and pepper to cold lentils and mix.

Serve with smoked salmon.



## Recommandation

### Variante

### Wine

Saint Nicolas de Bourgueil