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## *Oriental Salad*

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(serves 8 – 10)

- 1 cauliflower
- 2 aubergines (eggplants)
- 2 tsp Tamari
- olive oil
- salt and pepper
- 100 g of green lentils
- 20 g fresh coriander leaves, finely chopped
- 200 g pomegranate seeds
- 3 tbsp olive oil for dressing
- 1 tbsp apple vinegar
- 2 tbsp Tahin
- 2 cloves of garlic, crushed

Preheat oven to 180° C (air circulation 160° C).

Cut the cauliflower and the aubergines into bite-size pieces. Place on a large baking tray and add half of the tamari, some olive oil, season with salt and pepper. Cook in the oven for about 30 minutes.

Next, place the lentils to a saucepan, add 500 ml of boiling water and add the remaining tamari. With the lid closed, bring the lentils to boil, then simmer at low heat for about 20 minutes until no more water is left in the pot.

Meantime, mix the ingredients for the dressing and let them stand for a while, so that the flavors blend together.

Let the cauliflower, aubergines and lentils cool down for a few minutes, then add the dressing and gently mix in a salad bowl.

Add the coriander leaves and the pomegranate seeds and mix with the other ingredients until everything is covered with dressing. Then serve.

### **My Tips:**

- It is important to use a **large baking tray** for cauliflower and eggplant so that pieces don't touch.