

Less than 30 minutes

Serves 4

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Ingredients:

Dressing:

- Juice (30ml) of ½ lemon
- ¼ cup (60ml) olive oil
- 1 Tbsp (15ml) wholegrain mustard
- 1 Tbsp (15ml) honey

- 2 sirloin steaks
- Salt and milled pepper
- Olive oil, for frying

Salad:

- 2 cans (400g each) brown lentils, patted dry
- 1 tsp (5ml) ground cumin
- 1 cup (250ml) PnP full-fat plain yoghurt
- ½ tub (125g) ricotta cheese
- 1 packet (500g) pickled beetroot, thinly sliced
- 1 packet (80g) watercress
- 1 packet (80g) rocket

Method

Crisping lentils in a hot pan creates a slight nutty flavour and adds a divine crunch to salads or a vegetable sheet-tart.

1. Whisk dressing ingredients together and set aside.
2. Season steaks.
3. Heat a glug of oil in a pan and fry steaks for 4 minutes per side (medium-rare).
4. Rest meat for 10 minutes.
5. Heat oil over a high heat in a separate non-stick pan.
6. Fry lentils in batches for 3-5 minutes until crispy, sprinkling with cumin as you fry.
7. Drain on kitchen paper.
8. Spread yoghurt on a serving platter and crumble over ricotta.
9. Top with beetroot slices, crispy lentils, watercress, rocket and sliced steak.
10. Drizzle over dressing just before serving.

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