



# French Style Green Lentils with Spinach & Fetta

## Ingredients

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- 250g French Style Fine Green Lentils
- 1 medium diced onion
- oil for sauteing
- 1 1/2 cups stock
- 1 1/2 cups verjuice or light apple juice
- 1/3 cup lemon juice
- 1 diced carrot or 1-2 sticks diced celery
- 500g baby spinach
- parsley
- 200 gm fetta
- 12 cherry tomatoes (halved)

## Method

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Saute onion, garlic, carrot and celery. Add lentils and coat with oil, add liquids and herbs. Bring to the boil and simmer for 30 - 40 minutes or until tender. Toss through washed spinach while still warm to wilt spinach. Transfer to a bowl and place crumbled fetta and tomatoes on top. Drizzle with a little Mount Zero extra virgin olive oil. Serve hot as an accompaniment to meats.