



# Spiced Persian Red Lentils

## Ingredients

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500g Persian Red Lentils

2 sticks celery

1 carrot and/or 2 tomatoes

1-2 chillies

1/3 cup Mt Zero Extra Virgin Olive Oil

1 cup fresh coriander or parsley

Water

Salt

1 cup Mt Zero Extra Virgin Olive Oil (extra)

## Method

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Wash lentils, finely dice vegetables and saute in olive oil for 10 minutes. Add lentils and cover with water, cook for 30 - 40 minutes or until tender. Add chopped herbs, salt to taste and finish with Mount Zero extra virgin olive oil. Delicious served with duck, lamb or game.