

Warm salad of roasted broccoli, sprouts, lentil, cranberry and pistachio.

Makes 2 bowls, 10 minutes prep, 30 minutes cooking time

- * *Lentils - 1/2 cup*
- * *Vegetable stock cube - 1/2*
- * *Broccoli - florets from one broccoli*
- * *Sprouts - a couple of handfuls, tops removed, halved*
- * *Olive oil*
- * *Pomegranate molasses or balsamic vinegar*
- * *Lemon - juice of 1/4*
- * *Fresh herbs - coriander, dill, parsley, mint...*
- * *Pistachios - a handful, shelled and chopped*
- * *Dried cranberries - a handful*

Preheat the oven to 210 degrees C.

Lay the sprouts and broccoli florets on a baking tray lined with baking paper. Season with salt and pepper and drizzle with olive oil and pomegranate molasses. Toss to evenly coat the veg. Place in the oven and roast for 30 minutes.

Meanwhile, cook the lentils with 1 cup of boiling water according to the packet instructions, adding the stock cube to the pan. When they are done, all the liquid should have evaporated. Add the lemon juice, a glug of olive oil, the herbs and a crack of pepper. Mix well and check for seasoning.

When the vegetables are nicely coloured and crispy on the edges, remove them from the oven.

Divide the lentils and vegetables between two bowls to serve, sprinkling with the cranberries and pistachios.