

## Recipe

### BOLD & FILLING TACO SALAD



► Vegan, gluten-free, refined sugar-free, soy-free

► **Yield:** 3 - 4 servings

**Prep Time:** 15 min

► **Total Time:** 15 min

#### INGREDIENTS: SALAD BASE

1½ cups (300 g) cooked lentils  
 1/2 cup (65 g) walnuts, chopped  
 1/4 cup (30 g) roasted sunflower seeds, roughly chopped  
 1 tsp (5 mL) olive oil  
 1 head of lettuce, chopped (we used ½ head each romaine and iceberg)  
 1 red bell pepper, seeded and diced  
 1 large tomato, seeded and diced  
 1/2 cucumber, diced  
 1/2 cup (60 g) fresh corn  
 1/4 cup (45 g) sliced black olives (optional)  
 Handful of tortilla chips, crushed

#### INGREDIENTS: MEXICAN SPICE MIX

1 tsp (5 g) garlic powder  
 1 tsp (5 g) onion powder  
 1 tsp (5 g) paprika powder  
 1 tsp (5 g) chili powder  
 1 tsp (5 g) ground cumin  
 1/2 tsp salt  
 1/4 tsp ground black pepper

#### OPTIONAL TOPPINGS

Guacamole  
 Sriracha  
 Fresh red chilli pepper  
 Fresh cilantro

#### DIRECTIONS

1. In a small spice jar, combine all the spices for the Mexican spice mix.
2. In a medium sized bowl, combine the lentils, walnuts, sunflower seeds, olive oil and 4 tps of Mexican spice mix. Set aside while you prepare your vegetables.  
**PUL tip:** the Mexican spice mix is delicious on roasted potatoes.
3. In a large salad bowl, add the lettuce, tomatoes, cucumber, bell pepper, corn and olives.
4. To make your salad, scoop out as much of the salad base as you would like, top it with a scoop of the lentil and walnut mixture, then add any desired toppings like guacamole, sriracha, salsa, cashew-lime cream or fresh cilantro. Lastly add the crushed tortilla chips and enjoy!

#### NOTES

1. **Storage:** store in an air-tight container in the fridge for up to one week.
2. **Variations:** add canned black beans for extra fibre, pickled jalapeños, fresh salsa, or vegan sour cream.
3. **Speed-it-up:** use canned lentils

SADIA BADIEI

Hungry for more? Visit [www.pickuplimes.com](http://www.pickuplimes.com)