Fried Lentils



Serves	4
Prep time	2 minutes
Cook time	8 minutes
Total time	10 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Side Dish
Misc	Child Friendly, Serve Hot
From book	Friendly Food

Ingredients

- 1 tablespoon Sunflower oil
- 1 can Lentils (400g, drained and rinsed)
- 4 Spring onions (finely sliced)
- 2 teaspoons Minced garlic

Directions

1. Heat the oil in frying pan. Cook the spring onions and garlic for about 2 minutes, or until soft.
2. Add the lentils and mix through, cook until the lentils are heated through.
3. Serve immediately.

Note

Low Chemical / Failsafe