



Warm Chard and Lentil Salad: A cosy and colourful spring recipe from STEPS

If you're looking for a wholesome, feel-good recipe that makes great use of your seasonal veggies, you've found the right page.

This Warm Chard and Lentil Salad is packed with colour, flavour and nourishment, perfect for the warming spring weather or as a light lunch any time of year.

At STEPS Café on George, we love showcasing seasonal produce and creating delicious meals that nourish body and soul.

Homegrown rainbow chard will always be the tastiest (and most rewarding)—we've used our own from the STEPS Garden Centre.

Alternatively, you can buy fresh from your local market. Either way, this dish makes the most of every leaf and stem.

Why we love this salad

This recipe ticks all of our boxes:

- ✓ High in fibre and protein (thanks to French green lentils)
- ✓ Perfect for meal prep or quick weeknight dinners
- ✓ Naturally gluten-free and easy to make vegan (simply leave out the honey!)
- ✓ A great way to use seasonal leafy greens like rainbow chard

Warm Chard and Lentil Salad recipe

Ingredients for the salad

1 cup French green lentils
1 bunch rainbow chard (leaves and stems separated, roughly chopped)
1 small red onion, sliced
1 clove garlic, minced
1 tbsp olive oil
Salt and pepper to taste

Ingredients for the dressing

1 cup French green lentils
1 bunch rainbow chard (leaves and stems separated, roughly chopped)
1 small red onion, sliced
1 clove garlic, minced
1 tbsp olive oil
Salt and pepper to taste

Method

1. Cook lentils until tender but not mushy (20–25 minutes). Drain and keep warm.
2. In a pan, sauté chard stems, red onion, and garlic in olive oil until softened.
3. Add chard leaves and cook until just wilted.
4. In a bowl, whisk together the mustard, vinegar, honey/maple, and olive oil.
5. Toss lentils and sautéed veg with dressing.
6. Serve warm or at room temperature, topped with feta, sunflower seeds or pickled chard stems.