Padma Lakshmi's Pondicherry Lentil Salad

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Makes 6 servings

Ingredients:

* 2 cups beluga black lentils
* 1 Fuji apple, cored and diced
* 1 yellow bell pepper, diced
* 1 large jalapeno pepper, diced
* 1/2 cup olive oil
* 1 tbsp [balsamic](http://www.ellentv.com/recipes/2013/01/08/padma-laksmis-pondicherry-lentil-salad/) vinegar
* juice of 1 1/2 ripe lemons
* 1 tsp salt
* 1 cup loosely packed, chopped flat leaf parsley
* 1 tsp sesame oil
* 1 1/2 tbsp minced [fresh ginger](http://www.ellentv.com/recipes/2013/01/08/padma-laksmis-pondicherry-lentil-salad/)
* 1/4 cup shredded unsweetened coconut

**Directions:**Wash the lentils and soak them for 2 hours in tepid water; drain. In a deep pot, add 8 cups of water to the lentils, bring to a boil, cover, and cook on low heat for 20 to 25 minutes. Rinse the lentils with cold water and drain. Make sure the lentils are [cooked](http://www.ellentv.com/recipes/2013/01/08/padma-laksmis-pondicherry-lentil-salad/) but firm, not mushy. In a large bowl, mix together the lentils, apple, bell pepper, jalapeno, olive oil, [vinegar](http://www.ellentv.com/recipes/2013/01/08/padma-laksmis-pondicherry-lentil-salad/), lemon juice, salt, and parsley. Stir and set aside in the fridge. Just before serving, heat the sesame oil on medium-high heat. When hot, roast the ginger and coconut for a few minutes until golden and toasty. Sprinkle this garnish over the lentils and serve immediately.