Moroccan carrot salad with beluga lentils

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制备过程	15 分钟
等待时间	12 小时
烘烤的时间：烘烤时间取决于机器	12 分钟
份	4
电器	Combi-Steam MSLQ

Preparation

200 g beluga lentils

Soak the beluga lentils in cold water for 12 hours before cooking.

150 g purple heritage carrots, e.g. purple haze

150 g yellow carrots

150 g carrots

3 cloves of garlic

3 tbsp olive oil

100 ml water

20 ml white wine vinegar

2 tsp paprika, smoked

½ tsp cayenne pepper, ground

1 tsp coriander seeds, ground

1 tsp garam masala, ground

Black pepper, ground

Salt

将发酵桶预加热 热风+清蒸 到 **200 °C**

Peel the carrots and cut into thick slices. Peel and chop the cloves of garlic.

Place all the ingredients into the porcelain dish and mix together. Put the porcelain dish into the preheated cooking space at level 2. Cook.

放入食物

在 热风+清蒸 期间为 **200 12** 分钟°C | **PowerPlus level 8**

½ bunch of coriander

½ bunch of parsley, flat-leaved

Take the porcelain dish out of the cooking space. Chop the herbs and stir in.

配件

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

附加信息

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