Sweet and sour vegetables with lentils

食谱作者 V-ZUG 瑞族



制备过程	25 分钟
烘烤的时间：烘烤时间取决于机器	45 分钟
份	4
电器	Combair-Steam SL 自 2015 年

Preparation

200 g puy lentils

200 ml water

Put the lentils together with the water in the porcelain dish. Put the dish on the wire shelf in the cold cooking space. Steam.

在 蒸汽 期间为 **100 30** 分钟°C

200 g carrots

1 sweet pepper, red, peeled

1 sweet pepper, yellow, peeled

200 g leek

Wash and peel the vegetable and cut into fine 2 cm thick strips. Add to the steamed lentils and continue to steam.

添加成分

在 蒸汽 期间为 **100 15** 分钟°C

1 lime

2 tsp ginger

4 tbsp vinegar

6 tbsp honey

2 tbsp soy sauce

2 tbsp sambal oelek

25 g raisins

1½ tsp salt

Juice the lime. Peel and grate the ginger. Mix all the ingredients together, warm gently and then mix with the lentil and vegetable mixture.

配件

Porcelain dish ½ GN, depth 65 mm

Wire shelf

附加信息

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