Sweet and sour vegetables with lentils

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

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.

Dampning 100 °C i 30 Min.

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.

Tilsæt ingredienser

Dampning 100 °C i 15 Min.

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.

Tilbehør

Porcelain dish ½ GN, depth 65 mm

Wire shelf

Yderligere oplysninger

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