



# 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

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Porcelain dish 1/2 GN, depth 65 mm

Wire shelf

