



Moroccan carrot salad with beluga lentils

Receta de V-ZUG AG



Preparación
Tiempo de
cocción
Porciones 4

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

Aire caliente con inyección de vapor (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.

Introducir los alimentos

Aire caliente con inyección de vapor 200 °C durante 12 Min. | Nivel PowerPlus 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.





Accesorios

Wire shelf

Porcelain dish 1/3 GN, depth 65 mm

Información complementaria

Creado el

25.06.2024

