Lentil salad

Recipe by V-ZUG Ltd.



Preparation	15 Mins
Resting time	12 Hrs
Cooking time	15 Mins
Portions	4
Appliance	CombiSteamer V6000 PowerSteam from 2022

with carrots and Moroccan spices

Lentils

200 g beluga lentils

600 ml water

Salad

soaked lentils, drained

500 g carrots (e.g. orange, yellow, purple), peeled, cut into 5 mm thick slices

3 cloves of garlic, chopped

3 tbsp olive oil

2 tbsp white wine vinegar

100 ml water

2 tsp smoked paprika powder
(e.g. Pimentón de la Vera)

1 tsp ground coriander

1 tsp garam masala

½ tsp cayenne pepper

Some salt

Some pepper

Serving

½ bunch of coriander, chopped

½ bunch of flat-leaved parsley, coarsely chopped

Lentils

Put the lentils in a bowl, pour in the water and soak in the refrigerator for about 12 hours.

Salad

Mix all the ingredients together well in a porcelain dish.

Place the porcelain dish on the hardened glass dish in the middle shelf position of the cooking space. Cook at 200 °C for 15 minutes using the Power hot air with steaming mode.

Serving

Allow the salad to cool a little, mix in the herbs and serve lukewarm.

Cooking steps

Power hot air with steaming 200 °C for 15 Mins

Accessories

2-litre porcelain dish

Hardened glass dish

Additional information

Created on	05.09.2023