Moroccan carrot salad with beluga lentils

מתכון מאת V-ZUG Ltd.



Preparation	15 Mins
Resting time	12 Hrs
Cooking time	12 Mins
מנות	4
התקן	Combi-Steam MSLQ

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

(Pre-)heat cooking space to 200 °C with Hot air + steaming

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.

Put the food in

Hot air + steaming 200 °C for 12 Mins | PowerPlus level 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.

אביזרים

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

מידע נוסף

הופק ביום	11.12.2019