Sweet and sour vegetables with lentils

מתכון מאת V-ZUG Ltd.



Preparation	25 Mins
Cooking time	45 Mins
מנות	4
התקן	Combair-Steam SL from 2015

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.

Steaming 100 °C for 30 Mins

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.

Add ingredients

Steaming 100 °C for 15 Mins

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.

אביזרים

Porcelain dish ½ GN, depth 65 mm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019