Moroccan carrot salad with beluga lentils

Opskrift af V-ZUG Ltd

Tilberedning
Tilberedningstid
Portioner 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

(For)varm ovnrummet til 200 °C i Varmluft med damp

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.

Sæt retten ind

Varmluft med damp 200 °C i 12 Min. | PowerPlus trin 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.

Tilbehør

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

Yderligere oplysninger

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