



# 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

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Porcelain dish 1/2 GN, depth 65 mm

Wire shelf

## מידע נוסף

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הופק ביום

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