Main dishes / Belgium

# lentils and green asparagus stew · Belgium

A substantial Belgium-inspired stew built around green asparagus and cooked pulses.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked lentils
- ☐ 600 g green asparagus
- ☐ 400 ml low-salt vegetable stock
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

## Let's make it.

01 Clean the green asparagus and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the green asparagus and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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