Main dishes / China

lentils and drained sweetcorn stew · China

A substantial China-inspired stew built around drained sweetcorn 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 drained sweetcorn
- ☐ 400 ml low-salt vegetable stock
- ☐ 25 ml soy sauce
- ☐ 10 g finely grated fresh ginger
- ☐ 15 ml rice vinegar
- ☐ salt and pepper to taste

Let's make it.

01 Clean the drained sweetcorn and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the drained sweetcorn 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 soy sauce, finely grated fresh ginger, rice vinegar and taste before serving.

AI-developed, not kitchen-tested.

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