Main dishes / China

Warm lentils with drained sweetcorn and okra · China

Cooked pulses and two vegetables brought together with a China-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 650 g drained cooked lentils
- ☐ 300 g okra
- ☐ 25 ml soy sauce
- ☐ 15 ml rice vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 400 g drained sweetcorn
- ☐ 200 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste

Let's make it.

01 Rinse and drain the cooked pulses. Finely chop the onion and cut both vegetables small.

02 Soften the onion in the oil and add the firmer vegetable first. Cook for a few minutes.

03 Add the stock and remaining vegetable. Cover and simmer until all vegetables are tender.

04 Stir in the pulses and heat for five minutes, until the whole dish is 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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