Main dishes / Germany

lentils and parsnip skillet · Germany

A savoury Germany-inspired Studio variation with parsnip, drained cooked lentils and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked lentils
- ☐ 180 ml low-salt vegetable stock
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g parsnip
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Add the stock, cover and simmer for 15 minutes until the vegetables are tender.

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

05 Combine the cooked main ingredient with the vegetables. Stir in the German mustard, caraway seeds, fresh parsley and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

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