Main dishes / Germany

egg noodles with lentils and parsnip · Germany

A modern Germany-inspired noodle or pasta dish with parsnip and drained cooked lentils.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g egg noodles
- ☐ 500 g parsnip
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the egg noodles according to the packet. Reserve a cup of cooking water, then drain.

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

03 Heat the oil and soften the onion for five minutes. Add the parsnip and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

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

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the German mustard, caraway seeds, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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