Main dishes / France

long-grain rice with lentils and parsnip · France

A complete grain dish with drained cooked lentils, parsnip and a France-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g long-grain rice
- ☐ 500 g parsnip
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 20 g Dijon mustard
- ☐ 10 g fresh tarragon

Let's make it.

01 Cook the long-grain rice in plenty of water according to its packet, then drain well.

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 water, cover and cook for 15 minutes.

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

05 Combine the cooked grain, vegetables and main ingredient. Stir in the Dijon mustard, dried thyme, fresh tarragon and taste before serving.

AI-developed, not kitchen-tested.

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