Main dishes / England

lentils and courgette skillet · England

A savoury England-inspired Studio variation with courgette, 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
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g courgette
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Add the stock, cover and simmer for 7 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 English mustard, dried sage, 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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