Main dishes / England

brown rice with lentils and courgette · England

A complete grain dish with drained cooked lentils, courgette and a England-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g courgette
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Add a splash of water, cover and cook for 7 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 English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-gb-eng-04-17-738da7a