Main dishes / Scotland

lentils and sweet potato stew · Scotland

A substantial Scotland-inspired stew built around sweet potato and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked lentils
- ☐ 600 g sweet potato
- ☐ 400 ml low-salt vegetable stock
- ☐ 15 g wholegrain mustard
- ☐ 10 g chives
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste

Let's make it.

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

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

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the wholegrain mustard, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

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