Main dishes / Indonesia

lentils and bean sprouts stew · Indonesia

A substantial Indonesia-inspired stew built around bean sprouts 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 bean sprouts
- ☐ 400 ml low-salt vegetable stock
- ☐ 25 ml kecap manis
- ☐ 10 g finely grated fresh ginger
- ☐ 2 g ground coriander seeds
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the bean sprouts 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 kecap manis, finely grated fresh ginger, ground coriander seeds and taste before serving.

AI-developed, not kitchen-tested.

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