Main dishes / Indonesia

lentils and courgette stew · Indonesia

A substantial Indonesia-inspired stew built around courgette and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked lentils
- ☐ 400 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g courgette
- ☐ 25 ml kecap manis
- ☐ 2 g ground coriander seeds

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 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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