Main dishes / Ireland

lentils and cauliflower skillet · Ireland

A savoury Ireland-inspired Studio variation with cauliflower, 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
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g cauliflower
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar

Let's make it.

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

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

03 Add the stock, cover and simmer for 10 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 wholegrain mustard, fresh parsley, apple cider vinegar 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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