Main dishes / Ireland

egg noodles with lentils and cauliflower · Ireland

A modern Ireland-inspired noodle or pasta dish with cauliflower and drained cooked lentils.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g egg noodles
- ☐ 500 g cauliflower
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar

Let's make it.

01 Cook the egg noodles according to the packet. Reserve a cup of cooking water, then drain.

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

03 Heat the oil and soften the onion for five minutes. Add the cauliflower and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

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