Sauces / Ireland

Warm lentils and pumpkin dip · Ireland

A smooth cooked-pulse and vegetable dip with Ireland-inspired seasonings, enough for four diners.

Time 30 min **Servings** 4

What you'll need.

- ☐ 480 g drained cooked lentils
- ☐ 350 g pumpkin
- ☐ 30 ml neutral cooking oil
- ☐ 25 ml lemon juice
- ☐ 100 ml water
- ☐ 15 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 10 ml apple cider vinegar
- ☐ salt and pepper to taste

Let's make it.

01 Clean and chop the vegetable, then boil or steam until completely tender. Drain well.

02 Rinse the cooked pulses and heat with the water until piping hot.

03 Carefully blend with the cooked vegetable, oil, lemon juice and listed flavourings, adding warm water if needed.

04 Serve warm as part of a meal. Cool any leftovers promptly and refrigerate.

AI-developed, not kitchen-tested.

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