Main dishes / India

wheat noodles with lentils and frozen peas · India

A modern India-inspired noodle or pasta dish with frozen peas and drained cooked lentils.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g wheat noodles
- ☐ 500 g frozen peas
- ☐ 3 g ground coriander seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 3 g ground cumin
- ☐ 2 g ground turmeric

Let's make it.

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

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

03 Heat the oil and soften the onion for five minutes. Add the frozen peas 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 ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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