Salads / India

Warm lentils, mushrooms and spinach salad · India

A warm salad of cooked pulses and vegetables with a India-inspired dressing.

Time 30 min **Servings** 4

What you'll need.

- ☐ 650 g drained cooked lentils
- ☐ 350 g cultivated mushrooms
- ☐ 300 g spinach
- ☐ 30 ml neutral cooking oil
- ☐ 25 ml lemon juice
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

01 Rinse and drain the cooked pulses. Clean the vegetables and cut into bite-sized pieces.

02 Boil or steam each vegetable separately until tender, allowing longer for firmer varieties. Drain well.

03 Heat the pulses in a saucepan with a splash of water until piping hot.

04 Whisk the oil, lemon juice and listed flavourings into a dressing. Toss with the warm vegetables and pulses and serve.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-in-14-15-46cc014