Main dishes / Italy

lentils and broccoli skillet · Italy

A savoury Italy-inspired Studio variation with broccoli, 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
- ☐ 2 g dried oregano
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g broccoli
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil

Let's make it.

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

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

03 Add the stock, cover and simmer for 7 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 extra virgin olive oil, dried oregano, fresh basil 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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