Main dishes / Italy

lentils and frozen peas stew · Italy

A substantial Italy-inspired stew built around frozen peas and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked lentils
- ☐ 400 ml low-salt vegetable stock
- ☐ 2 g dried oregano
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g frozen peas
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil

Let's make it.

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

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

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the extra virgin olive oil, dried oregano, fresh basil and taste before serving.

AI-developed, not kitchen-tested.

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