Main dishes / Japan

# lentils and drained sweetcorn stew · Japan

A substantial Japan-inspired stew built around drained sweetcorn and cooked pulses.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked lentils
- ☐ 600 g drained sweetcorn
- ☐ 400 ml low-salt vegetable stock
- ☐ 25 g white miso paste
- ☐ 10 g finely grated fresh ginger
- ☐ 10 g sesame seeds
- ☐ salt and pepper to taste

## Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the drained sweetcorn 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 white miso paste, finely grated fresh ginger, sesame seeds 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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