Salads / Netherlands

# Warm lentils, pumpkin and carrot salad · Netherlands

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

**Time** 30 min **Servings** 4

## What you'll need.

- ☐ 650 g drained cooked lentils
- ☐ 350 g pumpkin
- ☐ 300 g carrot
- ☐ 30 ml neutral cooking oil
- ☐ 25 ml lemon juice
- ☐ 15 g mild mustard
- ☐ 1 g ground nutmeg
- ☐ 10 g chives
- ☐ 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.
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