Main dishes / Thailand

lentils and sweet pepper stew · Thailand

A substantial Thailand-inspired stew built around sweet pepper 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 sweet pepper
- ☐ 400 ml low-salt vegetable stock
- ☐ 20 g vegetarian red curry paste
- ☐ 20 ml lime juice
- ☐ 10 g Thai basil
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the sweet pepper 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 vegetarian red curry paste, lime juice, Thai 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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