Main dishes / Thailand

# lentils and courgette stew · Thailand

A substantial Thailand-inspired stew built around courgette 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
- ☐ 20 ml lime juice
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g courgette
- ☐ 20 g vegetarian red curry paste
- ☐ 10 g Thai basil

## Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the courgette 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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