Main dishes / United States

Warm lentils with tomato and parsnip · United States

Cooked pulses and two vegetables brought together with a United States-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 650 g drained cooked lentils
- ☐ 300 g parsnip
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 400 g tomato
- ☐ 200 ml low-salt vegetable stock
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste

Let's make it.

01 Rinse and drain the cooked pulses. Finely chop the onion and cut both vegetables small.

02 Soften the onion in the oil and add the firmer vegetable first. Cook for a few minutes.

03 Add the stock and remaining vegetable. Cover and simmer until all vegetables are tender.

04 Stir in the pulses and heat for five minutes, until the whole dish is piping hot.

05 Stir in the smoked paprika, ground cumin, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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