



RED CHICKPEA CURRY WITH YELLOW LENTILS

QimiQ BENEFITS

- Full creamy taste with less fat and cholesterol
- Quick and easy preparation
- Deep freeze stable



15



easy

INGREDIENTS FOR 750 G

100 g	QimiQ Cream Base
200 g	Chickpeas
50 g	Yellow lentils
80 g	White onions, finely chopped
30 g	Olive oil
50 g	Curry paste, red
100 g	Vegetable stock
20 g	Lemongrass
10 g	Ginger root
5 g	Salt
2 g	Kaffir lime leaf
100 g	Mango(es), diced
6 g	Starch Novation 4600

METHOD

1. Soak the chickpeas overnight and cook in salted water until soft. Cook the yellow lentils in salt water until done and drain well.
2. Fry the onions in the olive oil until soft. Add the curry paste, whisk smooth and add the vegetable stock. Stir in the QimiQ Sauce Base and chickpeas and blend smooth. Add the lentils and stir well.
3. Season with the lemon grass, ginger and salt and cook for 4 minutes. Add the mango and kaffir, adjust the seasoning and bind with the starch.