



# RED CHICKPEA CURRY WITH YELLOW LENTILS

## QimiQ BENEFITS

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



15



easy

## INGREDIENTS FOR 747 G

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

## TO BIND

<b>5 g</b>	Corn flour / starch
<b>15 g</b>	Vegetable stock

## 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. Bind with the starch / vegetable stock and cook for 4 minutes. Add the mango and kaffir and adjust the seasoning.