



LENTIL STEW WITH VEGETABLES AND SHRIMPS



QimiQ BENEFITS

- Alcohol stable and does not curdle
- Full taste with less fat content
- Smooth and creamy consistency in seconds



25



easy

INGREDIENTS FOR 4 PORTIONS

125 g	QimiQ Cream Base
160 g	Beluga lentils, soaked
160 g	Mountain lentils, soaked
60 g	Red onion(s), chopped
40 ml	Olive oil
10 g	Garlic, chopped
125 ml	White wine
250 ml	Water
1	Bay leaf
40 g	Leek, chopped
40 g	Yellow carrot, peeled
40 g	Carrot(s), peeled
60 g	Bean shoots
	Salt, to taste
	Black pepper, freshly ground
10 g	Flat-leaf parsley, fresh
160 g	Shrimps, ready to eat

METHOD

1. Rinse the soaked lentils and drain.
2. Fry the onions in olive oil until translucent. Add the garlic and lentils and fry until glassy.
3. Douse with the white wine and reduce by half. Add the water and cook until the lentils are tender.
4. Fry the vegetables in olive oil and add to the lentils.
5. Finish with the QimiQ Sauce Base, season to taste and add the parsley.
6. Serve with the shrimps.