



LENTIL STEW WITH VEGETABLES AND SHRIMPS



QimiQ BENEFITS

- Alcohol stable and does not curdle
- Creamy indulgent taste with less fat
- Problem-free reheating possible



25



easy

INGREDIENTS FOR 4 PORTIONS

125 g QimiQ Classic, chilled

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

200 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 Classic, season to taste and add the parsley.
6. Serve with the shrimps.