



RED CHICKPEA CURRY WITH YELLOW LENTILS

QimiQ BENEFITS

- Full creamy taste with less fat and cholesterol
- Quick and simple preparation
- Freezer stable



15



easy

INGREDIENTS FOR 750 G

100 g QimiQ Sauce 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 Lemon grass

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.