



# 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 Sauce Base

**160 g** Beluga lentils, soaked

**160 g** Mountain lentils, soaked

**60 g** Red onion(s), minced

**40 ml** Olive oil

**10 g** Garlic, minced

**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** Parsley, fresh

**160 g** Shrimp, 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.