



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 10 PORTIONS

400	QimiQ Sauce Base
400 g	Beluga lentils, soaked
400 g	Mountain lentils, soaked
150 g	Red onion(s), minced
100 ml	Olive oil
40 g	Garlic, minced
300 ml	White wine
500 ml	Water
2	Bay leaves
100 g	Leek, chopped
100 g	Yellow carrot, peeled
100 g	Carrot(s), peeled
150 g	Bean shoots
80	Olive oil
	Salt, to taste
	Black pepper, freshly ground
30 g	Parsley, fresh
400 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 Classic, season to taste and add the parsley.
6. Serve with the shrimps.