



Spicy lentil dip

🕒 30–40 Min   

Preparation

- 1 Peel and finely chop the onion and garlic.
- 2 Empty the lentils into a sieve, rinse with cold water and leave to drain.
- 3 Heat the olive oil in a pan and sauté the onion and garlic until translucent.
- 4 Add the lentils and harissa spice mix and fry briefly.
- 5 Pour in the vegetable soup, cover and cook for approx. 15 to 20 minutes until the lentils are soft.
- 6 Finely purée the cooked lentils with a hand blender and season to taste with the lime juice, salt and pepper.
- 7 Chill the spread until ready to serve.

HINT: Tip: We recommend roasted peanuts as a garnish.

Ingredients 6 Portions

♦ = Kotányi Produkte

1 pc.	Onion
2 pcs.	Garlic cloves
200 g	Red lentils, dry
2 tbsp	Olive oil
1 tsp	Kotányi harissa seasoning mix
400 ml	Veggie broth
1 tbsp	Lime juice
1 pinch	♦ Pepper Rainbow, Whole
1 tbsp	♦ Sea Salt, Coarse

