



# 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            |

