

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