



VEGETARIAN

RED LENTIL AND CARROT PURÉE

Ingredients
(For 4 people)

Preparation:

Combine all the ingredients in a blender except for the stock. Blend the mixture to obtain a purée, gradually adding the stock to obtain a homogeneous yet firm purée.

Serve with toasted whole wheat bread as an appetiser or accompany with a mixed salad and serve as a main dish.