

Pumpkin ragout with lentils

Ingredients required for 4 persons

Preparation time 40 minutes

Difficulty medium

Ingredients

600 g Hokkaido pumpkin
1 clove of garlic
1 onion
4 EL sesame seed oil roasted
100 ml vegetable broth
2 TL turmeric powder
100 g crème fraîche
1 lemon
250 g lentils
3 EL black cumin seed oil
unfiltered
salt and pepper
1 TL honey
2 TL black cumin seeds
fresh coriander



Preparation

Cut Hokkaido pumpkin into quarters, remove seeds, peel and cut into small dice. Finely chop garlic and onion. Heat sesame seed oil in a large pot and brown garlic and onion. Add the pumpkin and fry for 3 minutes. Deglaze with vegetable broth and add turmeric powder. Simmer for 5 minutes. Stir in crème fraîche and season with the juice of half a lemon, salt and pepper.

Pour lentils in a pot with 1.5 liter water and bring to the boil. Do not add salt. Simmer for 15 to 20 minutes. Drain lentils through a sieve, rinse with cold water and allow to drip. Prepare a dressing from black cumin seed oil, the remaining lemon juice, honey, salt and pepper.

Mix the pumpkin ragout with the lentils and pour over with the dressing. Garnish with fresh coriander leaves and half a teaspoon black cumin seeds per portion if desired.