



Vegan lentil bowl

10'
Hands on

10''
Hands off

10'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

For the lentil bowl

- 50 g bulgur wheat
- 100 g water, boiling
- salt
- pepper
- 200 g lentils
- 2 beetroots

For the dressing

- 100 g tahini
- 50 g water
- lemon juice, of 1 lemon

To serve

- baby rocket
- pepper

Method

- Boil the lentils according to the packet's instructions.
- Boil the beets for about 10 minutes.
- In a **bowl** add the bulgur, the boiling water, salt, pepper, cover it with plastic wrap, and allow 10 minutes for the bulgur to absorb the whole water.
- Once the bulgur absorbs the water, remove the plastic wrap and add the lentils.
- Cut the beets into slices and add them to the bowl.
- In another bowl, mix the tahini along with the water and the lemon juice. Set some dressing aside, to serve.
- Pour the tahini dressing into the bowl with the lentils and mix well.
- Serve with the dressing you set aside, rocket leaves, and freshly ground pepper.

Διατροφικός πίνακας

Nutrition information per portion

360 Calories (kcal)	16.0 Total Fat (g)	2.3 Saturated Fat (g)	31.0 Total Carbs (g)
18%	23%	12%	12%
4.2 Sugars (g)	18.0 Protein (g)	8.4 Fibre (g)	0.11 Sodium (g)
5%	36%	34%	2%