

Lentils with chorizo

Cuisine: **Spanish**
Food category: **Legumes**



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Program steps

Preheating: 190 °C

1	 Hot air	 100 %	 Termination by time	 00:02 hh:mm	 180 °C	 100 %	
2	añadir lentejas, patata y caldo						
	 Hot air	 100 %	 Termination by time	 01:20 hh:mm	 180 °C	 40 %	

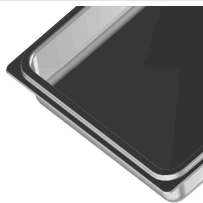
Ingredients - number of portions - 10		
Name	Value	Unit
oil	100	g
sliced chorizo	200	g
carrot small dice	100	g
mashed potato	500	g
ham broth	3500	g
bay leaf	1	pcs
head of garlic	1	pcs
tomato sauce	100	g
ground sweet paprika	5	g
lentils	500	g

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	90.4 kJ
Carbohydrate	0.3 g
Fat	10.1 g
Protein	0.1 g
Water	0 g

Directions

First, we will sauté the chorizo, the whole head of garlic, the bay leaf, the chopped carrot, the tomato sofrito, and the paprika. After two minutes and when the oven alerts us, we stir in the lentils, the broken potato, and the broth. We continue with the cooking. Once the cooking is finished, stir well to combine. We obtain 10 servings.

Recommended accessories



GN container Stainless
steel full