



IMMANUEL
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Heart-healthy eating with Marketa Schellenberg

INDIAN POTATO SALAD WITH LENTILS



• We wish you bon appetit! •

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INDIAN POTATO SALAD WITH LENTILS

(vegan, lactose and gluten-free)

4 servings as a main course or 16 as finger food

Ingredients

500 grams	waxy potatoes (f. ex. Bamberg potatoes)	1 cm	250 ml	fresh ginger	vegetable stock
3 tbs	sesame seed oil	1 dash		salt	
40 grams	shallots	100 grams		black lentils	
¼ tsp	black mustard seed	1 bunch		fresh coriander	
¼ tsp	curry powder	1		lime	
1	fresh chili pepper				

To prepare

Peel potatoes and dice to approx. one-centimeter pieces. Soak lentils in 200 milliliter of water. Peel shallots and dice finely. Peel ginger and dice finely or grate. Heat sesame seed oil in a pan and fry the shallots with the black mustard seed until transparent.

Stem and seed the chili peppers, removing the pulp, dice finely and add to the shallots with the finely chopped ginger and curry powder and briefly stir fry. Deglaze with vegetable broth, add salt, cover and cook on low heat until potatoes are done. Boil the lentils in the water they soaked in until al dente, pour off, let cool and combine potatoes and lentils in a bowl. Fold together gently. Flavor to taste with lime juice and chopped coriander.

To serve

This potato salad can be served together with the carrot-cardamom croquettes.

The health factor

This lukewarm potato salad is a light, vegan variation without mayonnaise. The combination of high-fiber legumes - the black lentils - with potatoes in this spicy salad provides lots of high-quality vegetable protein. The spices work to stimulate both appetite and digestion.

The recipe serves four people as a main course or 16 as finger food. It's a perfect addition to any party buffet. Vary the salad with chickpeas and parsley, seasoned with caraway and a touch of fresh garlic, garnished with sesame seeds lightly roasted without oil in the pan.

This dish is vegan, lactose and gluten-free. Contains sesame and mustard seeds.