

A feast for both vegetarians and meat-eaters

addictive lentil and carrot pate



Quantity: 10



Time of preparation: 2 hours



Fit and healthy



Zero waste*

500 g carrots*

100 g of raw millet

300 g of raw red lentils

250 g of canned chickpeas

2 spoons of oil

1 garlic clove

600 ml of vegetable broth

2 eggs

1 teaspoon of smoke-dried paprika

Half a teaspoon of sweet paprika

Half a teaspoon of turmeric

Half a teaspoon of curry

50 g of butter

Dice the onion and garlic and thickly grate the carrots.

Gently fry the onion and garlic in a large frying pan, then add the carrots and fry for about 2-3 minutes.

Pour 250 ml of broth and cook until the carrots soften.

Then add the rest of the broth, butter, dry lentils and dry millet, slightly season with salt, pepper and the rest of the spices. Cook for about 15 minutes until the ingredients are soft and all the liquid has been absorbed. Leave it to cool.

Mix the drained chickpeas with a blender, add the contents of the pan and mix for a few more minutes. The mixture does not have to be perfectly smooth, it should have the consistency of hummus. Finally add the eggs and again mix thoroughly.

Line a cake tin with baking paper, put the mixture in the tin and bake for about 1 hour at 180°C using top and bottom hitting mode. Let it cool before slicing!

**zero waste
you can use carrot shavings that will remain
after squeezing the carrots for juice to reduce waste.*

