



Lentils with Bulgur, flatbread and spicy yogurt

Ingredients

1 cup Lentils
1 cup Bulgur
4 cups Water
Vegetable stock
Cumin
1 Bunch of fresh coriander
Salt
Pepper
250 g Yoghurt
Basil
Round flat bread of your choice
Lemon juice (1/2 lemons)

Preparation

1. Soak the lentils in water and let them infuse for approximately 2 hours. Afterwards add the vegetable stock, the cumin and a little salt. Allow to boil and simmer for 10 minutes.
2. Chop half of the coriander and add it to the mixture with the bulgur and stir. Then simmer for approx. 15 more minutes.
3. Chop basil and stir into yoghurt, with lemon juice, then season with salt and pepper.
4. Season the lentils with salt and pepper, then spread and arrange the remaining chopped coriander on the lentil dish.
5. Enjoy the lentils with the flatbread and yogurt dip.