



## Wraps of red lentils

Preparation: 10 minutes | Cook: 20-25 minutes | Ready in 30 minutes

For 4-6 persons:

- 130g coral lentils (rinsed)
- 450 ml water
- 1 can of tomato paste (140g)
- Seasonal vegetable: cabbage. *I used half of it (200g), you can put the vegetables you want.*
- 1 large onion
- 1 clove of garlic
- olive oil
- wraps (*I found quinoa and chia wraps, it's not bad and it changes a bit!*)
- 1 teaspoon of turmeric
- 1 pinch of cayenne pepper
- 1 teaspoon of tandoori
- 2 drops of ginger essential oil (or fresh ginger if you have it)
- Optional: 200g smoked tofu. *I added smoked almond and sesame tofu to the preparation.*



### Preparation:

1/ Put the olive oil and spices in a pot, then add the chopped onion and finely chopped garlic. Sauté the onion until soft.

2/ Add the tomato paste, water and lentils that you have rinsed beforehand. Mix well.

3/ Then add the finely chopped cabbage. *Optional: also add smoked tofu pieces.* Simmer for 20-25 minutes with a lid, stirring occasionally to ensure that the cabbage cooks evenly. *If you see that there is a little less cabbage cooking and almost no juice left, add a little water if necessary, but not too much! We don't want a soup, the mixture must fit in the wrap!*

The preparation is ready when the vegetable is cooked. All you have to do is taste it in a wrap!

### Tip for those in a hurry!

*If you don't have time, try the quick version without the vegetables. The dish will be ready in 15 minutes. You can still add spinach shoots or salad to the wrap.*

*Bon appétit!*

*Krystalife*