



Creamed Lentils Suitable for Celiacs

Ingredients

Lentils

400 g ½ can

Shrimps

16 units

Garlic

A clove

Water

½ glass

Vegetable Broth

½ unit

Chopped parsley

1 tbsp

Milk

½ glass

Onion

½ Unit

Pepper

To taste

Salt

To taste

Preparation:

Place in the Tarta Express the julienning cut onion, the garlic sliced cut and a tbsp parsley: Sprinkle salt. Cook at full power

for about 1 ½ minute.

Add the lentils previously drained, water and the vegetable broth. Cook for another two minutes.

Chop with the food processor until obtaining a soft cream.

Add the milk, salt and pepper and then stir. Place the cream in

the TartaExpress once more for another minute.

Sprinkle with parsley, use the cooked shrimps to decorate and serve when hot.

