

Red fall bowl with lentil volanti and muhammara dip

With the hearty muhammara dip, baked pumpkin, beetroot and volanti made from red lentils, you can bring autumn to the table in all its colorful glory!

Zutaten
2 Portionen

Dip ingredients
2 Piece red peppers
20 g Walnut kernels
70 g stale bread
1 Piece Garlic clove
1 Piece Shallot
3 EL Byodo Condimento Rosso
2 EL Byodo Pomegranate Balsam
2 EL Byodo extra virgin olive oil, from Greece
1 EL Byodo Tomato-Paprika Pulp Double Fruit
0.5 TL Smoked paprika powder
0.5 TL Chili powder
0.5 TL Cumin
0.5 TL Harissa
Byodo premium sea salt, fine-grained
Pepper from the mill
Ingredients for the bowls
125 g Byodo Volanti, red lentils
200 g Cherry tomatoes

200 g Beet, precooked
400 g Hokkaido pumpkin
50 g Feta cheese
1 Piece small red onion
20 g Pine nuts
50 g Chard and rocket salad
2 EL Byodo Roast Olive Mild
1 EL Byodo Condimento Rosso
Byodo premium sea salt, fine-grained
Pepper from the mill

Zubereitung

First prepare the muhammara dip. To do this, wash, quarter and deseed the peppers. Place on a baking tray with the skin facing upwards and grill at 275 degrees until the skin turns black. Remove from the oven, leave to cool and peel off the skin with a knife.

Roughly crush the walnuts and toast them in the pan. Peel and chop the shallot and garlic. Crumble the bread. Place all the ingredients in a blender jug and puree with a hand blender. Season to taste with salt and pepper.

Cut the beet into eighths, wash the Hokkaido and cut into thin slices. Peel the red onion and cut into wedges. Spread the tomatoes, pumpkin, beet and onion on a baking tray. Drizzle evenly with vinegar and oil. Season with salt and pepper. Place in the oven at 200 degrees top/bottom heat for 25-30 minutes.

In the meantime, toast the pine nuts and cook the volanti in salted water. Wash the lettuce and spin dry. Then drain the pasta and mix with a few spoonfuls of the muhamarra dip.

Remove the vegetables from the oven. Arrange the volanti, oven vegetables, salad and feta cheese in two bowls. Sprinkle with the pine nuts. Pour the remaining dip into a small bowl and serve.