



Black lentils with beef tendons

Servings: 4 people

Prep Time: 10 minutes

Cook Time: 5 Hours (in slow cooker)

Ingredients:

1. Black lentils and Beef tendons.
2. Parsley, thyme, chopped cherry tomatoes (seeds removed) Optional.
3. Whole garlic and sliced peel ginger.
4. 1 onion sliced.
1. 600 ml approx. beef stock to cover all the ingredients.

Instructions:

1. Add all the ingredients into the slow cooker, cook for 5 hours, and keep an eye on the liquid levels, topping up as needed.
2. The dish is done when the lentils and tendon are soft and creamy.

To serve:

Pack rice into a small bowl, press it down, and invert it onto the plate. Add the lentils and beef tendons and a chutney (tomatoes, cucumber, green mango) or keep it simple with crushed green chilli, onions, and a squeeze of lemon.

For extra protein you can add a seared steak or a stir fry beef with onions and basil.

**** Important:** Don't skip eating the whole garlic and ginger in this dish – they become incredibly tasty, soft, and creamy. Definitely worth trying! **

Bon Appétit!