

The recipe for our intercultural  
'salad-of-many-ingredients'

## Ingredients

serves 6 people

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2 onions

2 carrots

7 tablespoons olive oil

2 tablespoons curry powder

250 g lentils

salt and pepper

1 red bell pepper

1 cucumber

50 g dried cranberrys

1 bunch of spring onions

5 stalks dill und parsley

4 tablespoons lemon juice

150 ml raspberry vinegar

1 teaspoons of sugar

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1. Peel and dice the onions. Peel, wash and dice the carrots. Heat 2 tablespoons of oil in a pot and steam the onions. Sprinkle with curry, sweat briefly and add lentils. Add 750 ml of water, boil and let it simmer for about 15 minutes. Add carrots and let it simmer an additional 10 minutes. Drain lentils (if they hadn't taken all the liquid already) and put them in a bowl. Spice the lentils with salt and pepper and let them cool.
2. Until then quarter the bell pepper and get rid of the seeds. Then wash and dice the bell pepper. Wash and dice the cucumber. Chop the cranberrys (not too delicate). Wash the spring onion and cut in fine rings. Wash and cut the herbs.
3. Mix lemon juice, raspberry vinegar, salt, pepper and sugar. Mix in 5 tablespoons of oil. Finally, mix the bell pepper with the lentil-carrot-mix, cranberrys, cucumber, spring onions, herbs and the vinaigrette.