

Perfect egg, coral lentil, Chimichurri sauce and crispy onions |

Recipe for 12 tapas

Description

A vegetarian tapas full of flavour!

Note

Be careful not to overcook the lentils.

Ingredients

Perfect eggs

- 12 Unit(s) Egg
- 150 Gr Onion
- 3 Clove(s) Garlic
- 250 Gr Coral lentils
- 750 Ml Water
- 1 Tsp Curry powder

Topping

- 50 Ml Olive oil
- 5 Sprig(s) Parsley
- 3 Sprig(s) Fresh oregano
- 3 Sprig(s) Fresh cilantro
- 0.50 Unit(s) Jalapeno pepper
- 30 Gr Green onion
- 1 Clove(s) Garlic
- 15 Ml Red wine vinegar

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **30 mins**

Set up

Pick all the herbs for the chimichurri.

Peel and chop garlic.

Finely chop the onion and green onion.

Eggs

Perfect egg

Use the themocirculator, once in place, set it to a temperature of 64°C, carefully immerse the eggs in the water basin and leave for an hour. Take them out and run them under cold water to stop the cooking process. Break them over the plate just before assembling.

Chimichurri

Combine all the ingredients in a blender or food processor and process until the result is smooth but still retains a fresh texture.

Lentils

In a saucepan, fry the onions in butter, adding salt and making sure they are lightly browned.

Add the garlic and spices and cook for a good minute, stirring constantly. Add the water, then the lentils, bring to the boil, lower the heat and simmer for 15-20 minutes, stirring regularly. Make sure the lentils are cooked through.

On the plate

Place the lentils in the bottom of your ramekins.

Add the eggs and drizzle with Chimichurri sauce.

Finish with the fried onions.

Bon appétit!