



# Ebly wheat with vegetables

食谱作者 V-ZUG 瑞族



制备过程	45 分钟
烘烤的时间	20 分钟
时间取决于机器	
份	4
电器	Comhair-Steam SE 自 2015 年

## Rucola pesto

50 g rocket  
2 cloves of garlic  
3 tbsp pine nuts  
1 lemon, unwaxed, zest  
3 tbsp Pecorino, grated  
¼ tsp salt  
Pepper, ground  
50 ml olive oil

Toast the pine nuts. Set aside 1 tbsp of pine nuts for the garnish. For the pesto, put all the ingredients in a mixing jug and blend finely. Put the pesto to one side.

## Vegetables

1 kohlrabi  
2 carrots  
200 g Swiss chard  
100 g mushrooms, mixed, e.g. champignons and king oyster mushrooms

Peel the kohlrabi and carrots and cut them into sticks about 5 mm thick. Wash the Swiss chard well, then cut into 2 cm wide strips. Quarter the mushrooms.

Place the vegetables and mushrooms in the perforated cooking tray and season with salt.

## ebly wheat

250 g ebly wheat  
400 ml vegetable bouillon

Put the ebly wheat into the cooking tray (⅓ GN) and add the bouillon.





Place the cooking tray (1/3 GN) next to the vegetables on the perforated cooking tray in the cold cooking space. Steam.

在蒸汽期间为 **100 20** 分钟°C

Rucola pesto

salt

pepper

Mix the eibly wheat, vegetables and pre-prepared rucola pesto together. Season with salt and pepper to taste. Garnish with the pine nuts that were set aside earlier.

## 小费

---

Any other vegetables that are in season can also be used.

## 配件

---

Cooking tray 1/3 GN

Perforated cooking tray

## 附加信息

---

创建时间

11.12.2019

