Ebly wheat with vegetables

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Cooking time	20 Mins
מנות	4
התקן	Combair-Steam SL from 2015

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 (⅓ GN) next to the vegetables on the perforated cooking tray in the cold cooking space. Steam.

Steaming 100 °C for 20 Mins

Rucola pesto

salt

pepper

Mix the ebly 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.

עצות

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

אביזרים

Cooking tray ⅓ GN

Perforated cooking tray

מידע נוסף

הופק ביום	11.12.2019