



# Ebly wheat with vegetables

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions            4

## Rucola pesto

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- 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

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- 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.

## ebly wheat

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- 250 g ebly wheat
- 400 ml vegetable bouillon

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

**Steaming 100 °C for 20 Mins**

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.

## Tips

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

## Accessories

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Cooking tray ⅓ GN

Perforated cooking tray

## Additional information

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