



Recipes

Crispy broccoli & cauliflower on a mixed salad

Recipe

4 servings

30 minutes

Ingredients:

- ½ head of cauliflower | alternatively 1 small head of cauliflower
- ½ head of broccoli | alternatively 1 small head of broccoli
- 75g flour
- 100 LAND-LEBEN organic spelt breadcrumbs
- 2 eggs (large)
- salt and pepper
- 2 tbsp olive oil

For the salad:

- 2 heads of lettuce

- ½ cucumber
- ½ bunch of green asparagus
- 250 g mini mozzarella balls
- ½ pack of **LAND-LEBEN organic spelt croutons** (corresponds to around 40g) 1 fist of cashew nuts
- Some piri-piri
- Optional: tomatoes, radishes

For the dressing:

- 4 tbsp mixed, chopped Italian herbs (thyme, rosemary, parsley)
- 8 tbsp balsamic vinegar
- 8 tbsp olive oil
- 2 teaspoons of lemon juice
- 1 teaspoon mustard (mild)
- Herbal Salt & Pepper

Preparation:

Crispy broccoli and cauliflower: Clean and wash the broccoli and cauliflower. To do this, remove the leaves and the stalk and pluck the heads into roses. Put flour and LAND-LEBEN organic spelt breadcrumbs in a bowl each. Whisk the eggs with a fork and season with salt and pepper. Bread the roses of broccoli and cauliflower by first dipping them in flour, then into the beaten eggs and finally into the spelt breadcrumbs.

Place the breaded roses on a baking tray, sprinkle some olive oil over them and bake in the preheated oven at 175°C (hot air) for 15 to 20 minutes.

Alternative Tip: If you like, you can also fry the breaded broccoli and cauliflower in oil in the pan.

For the Italian dressing: Wash the herbs and chop them very finely. Mix with the remaining ingredients and season to taste.

For the salad: Wash and clean all ingredients and cut them into bite-sized pieces. Green asparagus can be used raw. Arrange the lettuce, vegetables, nuts and mozzarella in deep plates or bowls and mix with the Italian dressing.

Top the mixed salad with the crunchy and warm broccoli/cauliflower and enjoy.

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