



3 quick dressing ideas

No time for long preparations? No problem. Our 3 quick dressing ideas can be prepared in just a few minutes and bring freshness and flavor to your salad! Try them out now.

Zutaten

4 Portionen

Ingredients basil dressing

20 g Basil, fresh
3 EL Byodo extra virgin olive oil, from Italy
1 EL Byodo Condimento Bianco
1 TL Byodo Mild Mustard
2 TL Almond butter
1 TL Maple syrup
3 EL Water
Byodo organic sea salt
Pepper

Raspberry dressing ingredients

60 g Raspberries, fresh
2 EL Byodo Raspberry Balsam
3 EL Extra virgin olive oil, from Greece
1 EL Water
1 TL Honey (optional)
Byodo organic sea salt
Pepper

Ingredients mustard dressing

1 EL Byodo medium hot mustard
1 EL Tahini
1 EL Byodo linseed oil

1 Garlic clove
1 EL Byodo herbal vinegar
2 EL Water
1 TL Maple syrup
Byodo organic sea salt
Pepper

Zubereitung

Preparation of basil dressing

Wash the basil and pluck the leaves from the stalks. Place all the ingredients in a blender and blend to a creamy dressing. Season to taste with salt and pepper.

The dressing will thicken. If it is not to be used straight away, simply mix in a little water. The dressing will keep fresh for up to three days in an airtight container in the fridge.

Goes very well with a spring salad with green salad, radishes and mixed seeds.

Preparation of raspberry dressing

Wash and finely puree the raspberries. Pass through a sieve and collect the raspberry juice. Mix the raspberry juice with the raspberry balsamic, olive oil, water, salt and pepper. If the raspberries are tart, mix in a little honey if desired.

The dressing becomes particularly creamy in a high-performance blender. The dressing thickens. If it is not to be used straight away, simply mix in a little water.

This dressing goes very well with mixed green salad with crumbled feta and mint.

Preparation of mustard dressing

Peel and finely chop the garlic or crush it in a garlic press. Place in a small bowl with the remaining ingredients and mix thoroughly with a small whisk. Alternatively, pour into an empty jar and shake well.

The dressing goes particularly well with green salads with grated carrot and sesame seeds. It is a real all-rounder and also goes well with bowls.

All three dressings will keep fresh for up to three days in an airtight container in the fridge.