



Fruity mustard dressing with fried prawns & salad

The fruity mustard dressing makes every starter a special treat: sweet and spicy aromas enhance fried prawns, tender strips of beef fillet or crispy fried tofu and transform fresh salad into a sophisticated highlight.

Zutaten

2 Portionen

Dressing ingredients

3 Tomatoes

1 Pinch Sugar

Byodo organic sea salt

Pepper

40 ml Byodo Lemon Balsam

60 ml Byodo classic frying oil

60 ml Byodo rapeseed oil, virgin

60 ml Byodo orange mustard

1 EL Byodo mango balsamic mustard

1 EL Byodo fig mustard

80 ml Water

Salad ingredients

4 EL Byodo classic frying oil

2 Romana lettuce hearts

1 Tomato

Byodo Premium Organic Sea Salt, fine

Sugar

1 TL Byodo orange mustard

1 TL Byodo rapeseed oil, virgin

14 Mini Gambas

Zubereitung

Mustard dressing

Finely chop all the tomatoes for the tomato and mustard dressing. Place two of them in a blender jug and season with a pinch of sugar, a little salt and pepper. Set aside the remaining tomato pieces for the salad. Add a dash of lemon balsamic vinegar or alternatively apple cider vinegar, as well as frying oil and rapeseed oil. Now add the orange mustard, mango balsamic vinegar and fig mustard. Puree everything thoroughly with a hand blender until the tomatoes are really fine and a creamy, homogeneous sauce is formed. Add a little water if necessary and blend again to achieve the desired consistency. Pour the dressing into a clean wire jar – it will keep for 3-4 days in the fridge and is ideal for salads, vegetables or grilled dishes.

Salad

Heat 2 tbsp of frying oil in a pan. Chop the romaine lettuce into small pieces and arrange on plates. Mix the remaining chopped tomato with a little salt, sugar, orange mustard and a dash of rapeseed oil. Leave to marinate briefly and then spread over the prepared salad. Place the prawns in the hot oil and season with salt and pepper. Fry briefly until they are translucent and lightly golden brown. Then add 1-2 tablespoons of the tomato and mustard dressing to the pan, briefly toss the prawns in it and remove the pan from the heat. Arrange the prawns on the romaine lettuce, drizzle with a little dressing and garnish with fresh rocket or baby spinach leaves, if desired. To finish, drizzle a few drops of rapeseed oil over the plate – a fresh, light and aromatic dish is ready.



The tomato and mustard dressing not only goes well with prawns, but also with strips of fillet of beef or fried tofu.