byodo
bio vom feinsten

Grilled kohlrabi skewers with chicory

Grilling with plants is so versatile! Kohlrabi skewers in herb marinade meet grilled chicory with aioli dip and fresh, colorful salad.

Zutaten
4 Portionen

2 Kohlrabi, large
2 Chicory
2 EL Byodo Roast Olive Mediterranean
2 Handles Coriander
3 Handles Parsley, smooth
6 EL Byodo extra virgin olive oil, from Italy
100 g Salad, mixed
100 g Cocktail tomatoes, colorful
2 EL Byodo Condimento Bianco
Byodo Aioli
Byodo premium sea salt, fine-grained
Wooden skewers

Zubereitung

To prepare grilled kohlrabi and chicory with herb marinade, salad and aioli, first peel the kohlrabi and cut into rectangular pieces. Pre-cook them in salted water for 4 minutes, drain in a sieve and leave to steam. Then skewer on wooden skewers, halve the chicory and brush both vegetables thinly with frying oil.

For the herb marinade, finely chop the coriander and parsley and mix with 4 tablespoons of extra virgin olive oil. Season with salt and pepper to taste.

Wash the lettuce and spin dry. Halve the tomatoes. For the dressing, whisk together two tablespoons each of Condimento Bianco and olive oil, season with salt and pepper. Pour the vinaigrette over the salad. Pour the Byodo Aioli into small bowls.

Now place the prepared kohlrabi skewers and chicory on the grill and grill briefly on both sides. Serve the grilled vegetables together with the aioli and salad garnish on plates. Brush the kohlrabi with the herb marinade.