



Mixed colorful garden salad

This colorful garden salad with crunchy vegetables and a nutty, strong dressing with pumpkin seed oil is quick to prepare and provides a special taste experience.

Zutaten

2 Portionen

Salad

0.5 Cucumber

2 Cocktail tomatoes

2 Radish

1 Carrot

1 Handful Pumpkin seeds

2 TL Byodo Styrian pumpkin seed oil PGI

Dressing

3 EL Byodo Styrian pumpkin seed oil PGI

2 EL Byodo apple cider vinegar, naturally cloudy

Sugar

Lemon juice, fresh

Byodo sea salt

Pepper

Zubereitung

Wash, dry and chop the lettuce. Wash the cucumber, halve lengthwise and cut into thin slices. Wash and halve the tomatoes. Wash and thinly slice the radishes. Peel the carrot and grate into strips. Mix all the ingredients together in a bowl.

Mix the pumpkin seed oil with the apple cider vinegar, salt and a small amount of sugar until the salt and sugar have dissolved. Refine the dressing with pepper. Mix the salad with the dressing and then arrange on a plate and garnish with a little pumpkin seed oil and pumpkin seeds.