byodo
bio vom feinsten

Warm Plums on Burrata

Warm oven-roasted plums, creamy burrata, and tangy arugula make this salad a special treat. Enhanced with Byodo Omega Balance oil, fruity, toasted walnuts, and fresh thyme, it’s an elegant recipe for late summer.

Zutaten
2 Portionen

6 Plums
2 TL Honey
Thyme, fresh
2 EL Walnuts, toasted
2 Handful Rocket
2 Burratas
0.5 TL Chili flakes
Byodo organic sea salt
Pepper, freshly ground
2 TL Byodo Omega Balance Oil, Fruity

Zubereitung

Preheat the oven to 180 °C on the convection setting. Wash the plums, cut them in half, and remove the pits. Drizzle with honey, sprinkle with fresh thyme, and bake in the oven for about 20 minutes, until they are soft and lightly caramelized.

Meanwhile, coarsely chop the walnuts and toast them in a pan without oil until golden brown. Wash

the arugula, spin it dry, and divide it between two plates or bowls.

Arrange the warm oven-roasted plums on top of the arugula, along with some of the juices that have seeped out and the burrata. Season with chili flakes, salt, and pepper, then drizzle with Byodo Omega Balance Oil (fruity). Finally, sprinkle the toasted walnuts and a little fresh thyme on top and serve immediately.