



Roasted pumpkin with goat's cheese and rocket

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制备过程	30 分钟
烘烤的时间：烘烤时间取决于机器	20 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

800 g butternut pumpkin

将发酵桶预加热 热风+清蒸 到 **230°C**

Peel the pumpkin, cut into wedges and place on the lined baking tray. Put the tray into the preheated cooking space. Cook.

放入食物

在 热风+清蒸 期间为 **230 20 分钟°C**

1 clove of garlic

4 tbsp olive oil

Salt

Pepper

Finely chop or crush the garlic. Drizzle the olive oil and scatter the crushed garlic over the cooked pumpkin, season with salt and pepper.

120 g rocket

40 g cashew nuts

2 tbsp pumpkin seed oil

1 tbsp aceto balsamico

Salt

Pepper

80 g goat's cheese

Wash the rocket. Coarsely chop and roast the cashew nuts. For the dressing, combine the oil, vinegar, salt and pepper. Marinate the rocket with the dressing and arrange in a bowl with the pumpkin. Cut the goat's cheese into cubes and scatter over the top. Garnish with the cashew nuts.

配件

Baking tray



附加信息

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