# Ebly wheat with vegetables

Recipe by V-ZUG Ltd.



| | |
|---|---|
| Preparation | 45 Mins |
| Cooking time | 20 Mins |
| Portions | 4 |
| Appliance | Combair-Steam SL from 2015 |

## Rucola pesto

50 g rocket

2 cloves of garlic

3 tbsp pine nuts

1 lemon, unwaxed, zest

3 tbsp Pecorino, grated

¼ tsp salt

Pepper, ground

50 ml olive oil

Toast the pine nuts. Set aside 1 tbsp of pine nuts for the garnish. For the pesto, put all the ingredients in a mixing jug and blend finely. Put the pesto to one side.

## Vegetables

1 kohlrabi

2 carrots

200 g Swiss chard

100 g mushrooms, mixed, e.g. champignons and king oyster mushrooms

Peel the kohlrabi and carrots and cut them into sticks about 5 mm thick. Wash the Swiss chard well, then cut into 2 cm wide strips. Quarter the mushrooms.

Place the vegetables and mushrooms in the perforated cooking tray and season with salt.

## ebly wheat

250 g ebly wheat

400 ml vegetable bouillon

Put the ebly wheat into the cooking tray (⅓ GN) and add the bouillon.

Place the cooking tray (⅓ GN) next to the vegetables on the perforated cooking tray in the cold cooking space. Steam.

**Steaming 100 °C for 20 Mins**

Rucola pesto

salt

pepper

Mix the ebly wheat, vegetables and pre-prepared rucola pesto together. Season with salt and pepper to taste. Garnish with the pine nuts that were set aside earlier.

## Tips

Any other vegetables that are in season can also be used.

## Accessories

Cooking tray ⅓ GN

Perforated cooking tray

## Additional information

| | |
|---|---|
| Created on | 11.12.2019 |