VEGETABLE SALAD RADICCHIO ROSSO CAULIFLOWER RADISH

WITH LEMONGRASS DRESSING

10 min.

INGREDIENTS

- ▶ ¼ cauliflower
- ▶ ¼ radicchio rosso
- 3 radish
- 0.5ml lemongrass dressing
- Olive oil
- Salt and pepper to taste

PREPARATION

Cut cauliflower into thin slices and roast in some olive oil. Cut radicchio in even pieces and cut radish into slices. Mix all ingredients with the lemongrass dressing and salt and pepper to taste.





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RECIPES

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A
HEALTHY
BITE!

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RED BEET RAVIOLI

MCDEDIENTS

- 2 pieces cooked red beet
- ▶ 100g goat cheese
- ▶ 50ml full fat yogurt▶ 1 spring onion, cut into rings
- ▶ 1 tablespoon balsamic vinegar
- ▶ 1 tablespoon olive oil
- Salt and pepper

DDEDADATION

Peel cooked red beet and cut into very thin slices. Put one slice on the cutting board.

Mix goat cheese with yogurt, spring onion, balsamic vinegar, olive oil and salt and pepper to taste. Put half a tablespoon of the mix in the middle of the slice. Place another slice of red beet on top and form into a ravioli shape.



