

Greens & beans go nuts



Ingredients

Ingredients for 10 servings:

500 g Ardo Whole green beans
extra fine

500 g Ardo Sugar snaps

500 g Garden peas

500 g soybeans

30 g Chives

10 g Ardo Garlic cubes

50 g Ardo Shallot

20 g Ardo Parsley

100 ml olive oil

4 oranges

200 g hazelnuts

Sumac

Salt and pepper

Preparation

1. Steam all vegetables briefly, cool them immediately in ice water and let them drain for a while.
2. Toast the hazelnuts in the pan and coarsely chop them.
3. Zest the orange.
4. Cut the orange into wedges, collect the juice and mix with the olive oil, shallots, garlic and garden herbs. Season with salt and pepper.
5. Combine the vegetables with the vinaigrette and zest, then top with the chopped hazelnuts and sumac.

Allergens

Nuts

Soy



We preserve nature's gifts