



OPEN VEGETABLE LASAGNA

INGREDIENTS

- 2 beef tomatoes
- 1 sweet onion
- 100 grams of sugar snaps
- 100 grams of broccoli
- 25 grams of arugula
- 2 tablespoons of olive oil
- 15 grams of Parmesan cheese

DIRECTIONS

Mix the arugula and the olive oil and some water if necessary with a hand-held blender.

Slice the beef tomatoes and sweet onion in thin slices.

Slice the broccoli in pieces and cook them with the sugar snaps for 5 minutes.

Fry the slices of sweet onion and beef tomatoes for 1 minute and pull them from the pan.

Put three slices of tomato on a plate. Lay three slices of onion on the tomatoes.

Serve some broccoli and sugar snaps on the onion. Sprinkle the broccoli and the sugar snaps with the arugula oil.

Grate the Parmesan cheese over it. Season with black pepper. Repeat this one more time.

MAIN DISH,
2 PERSONS
TIME: 30 MINUTES

SEE MUCH MORE AT:

