

Fresh summer salad with grilled dumplings croutons



„Ich bin ein Gourmegeggle.“

Ingredients:

1 package of MEGGLE Grill Dumplings Roasted Onion

1 lettuce "Red Lollo" or chicory red

1 Romaine lettuce

Handful of small cherry tomatoes

½ cucumber

1 orange

Handful of sunflower seeds

8 tablespoons olive oil

4 tablespoons white wine vinegar

1 tablespoon agave syrup

salt, pepper to taste



Preparation:

Wash and drain the lettuce and romaine lettuce, wash and quarter the tomatoes. Cut the cucumber into cubes or strips. For the dressing, mix the olive oil, white wine vinegar and agave syrup (or honey as a non-vegan alternative) and season with salt and pepper. Next, fillet the orange. *

Now place the MEGGLE Grill Dumplings Roasted Onion on a well preheated grill. Grill at full heat on both sides for approx. 2 - 3 minutes until golden brown, depending on the grill. Alternatively, fry the grilled dumpling with a little oil in a non-stick pan over medium heat for about 3 minutes on both sides until golden brown. Cut the prepared lettuce into bite-sized pieces and place in a bowl with the tomatoes and cucumbers. Mix together with the dressing.

Then cut the grilled dumpling into cubes and add them as croutons over the salad. Finally, garnish the salad with the filleted oranges and the sunflower seeds and the perfect summer salad is ready!

*Tip for perfect filleting:

First, generously cut the top and bottom of the orange straight away. Now, using a sharp knife from top to bottom, generously cut away the peel including the white under skin as well. To cut out the fillets, it is best to hold the orange in your hand and cut to the center on the right and left of the separating membranes, so that the fillets fall out automatically.

