

Summer Bagel:

1 large sesame bagel

~ 175 g fresh green asparagus

2 tbsp nut oil

1 tbsp sunflower oil

1 tbsp White wine vinegar

2 tbsp fresh orange juice

Salt, pepper

2 tbsp roasted sunflower seeds

Butter or margarine

25 g Parmesan cheese, raped

Fresh herbs for garnishing



Preparation:

Boil asparagus and carrots (peeled and sliced) in hot water during max. 5 minutes, then drip off and fill the vegetables into a bowl. Mix oils, vinegar and orange juice, and pour the mix over the vegetables, add salt and pepper according to your preferences. Add sunflower seeds.

Slice the bagel in two halves and toast them. Then prepare each half separately: Spread the slices with butter or margarine, then add the vegetables. Spread the parmesan rapes on top, and decorate with fresh herbs.

Enjoy your meal!