

heute gibt es...

Arugula salad with figs and Parmesan Chips



Ingredients: (For 2 people)

- 100g Rucola
- 4 figs
- 2 EL Pinienkerne
- 1 Mozzarella (125g)
- 4 sun-dried tomatoes (in oil)
- 4 tablespoons grated Parmesan cheese

For the dressing:

- 3 EL Olivenöl
- 2 tbsp lemon juice
- 1 TL dijon Senf
- 2 EL Honig
- Salt and pepper

Preparation:

1. At the beginning laid-out on a baking tray with baking paper with the grated Parmesan cheese four Heap form and melt at 200 ° C in the oven.



Once the cheese is melted and has adopted some

color, take it out of the oven.

Please do not let out of sight, as the Parmesan chips very quickly cross the line from golden yellow to black: Attention.

2. Clean, wash and spread by the dry spinning on two plates of arugula.
3. The figs on the stem is star-shaped cut and then press together at the bottom, so that the fig opens like a flower and the flesh can be seen. These are then distributed to the arugula.
4. Roast the pine nuts in a skillet over low heat, stirring frequently stirring and add to the salad.
5. Cut mozzarella and dried tomatoes into bite-sized pieces and also add to the salad.
6. Now stir together from the dressing ingredients with the dressing, season to taste and pour evenly over the salad.
7. The finished Parmesan chips decoratively put on your plate and you have that delicious salad ☐



