



Fiery grilled cheese skewers

Ingredients:

12 green asparagus stalks
 600 g halloumi cheese
 2 tbsp vegetable oil
 2 tomatoes
 2 spring onions
 1 red chilli
 1 untreated lime
 1 bunch lemon balm or mint
 3 tbsp olive oil
 Salt and pepper
 4 wooden skewers

Accessories:

Multi-element
 Ceran hob
 Griddle

Preparation:

Heat the grill to a medium heat. Soak the wooden skewers in water. Wash the asparagus and cut off the ends. Boil in salted water for approx. 2 mins and immediately shock with cold water.
 Drain the asparagus on kitchen paper.
 Cut the cheese into sticks of approx. 1.5 cm.
 Alternate 3 pieces of asparagus with 3 cheese sticks on each skewer and brush with oil.
 Wash the tomatoes, spring onions, chilli, lime and lemon balm. Remove the tomatoes from the stalk, finely dice and cut the lime into very thin slices.
 Pluck the lemon balm Put all the ingredients in a bowl. Add the olive oil, season with salt and pepper and mix well. Grill the skewers on each side for 2-3 mins and season with salt and pepper.
 Arrange on a plate and pour the tomato sauce over the top.

Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

Powered by:



1266 g CO₂ per portion

20 % LESS CO₂ than the average when preparing this recipe.

More info on this recipe at: www.eaternity.org