Italian Waldkorn® salad

Tomato, Rocket, Basil, Red onion, Black olives, Parmesan cheese,

Working method

Dice the Waldkorn® Trispelti. Heat 25 ml olive oil in a frying pan and fry the bread cubes. Drain the cubes on some kitchen roll and allow to cool. Quarter the tomatoes, remove the seeds and cut into strips. Peel the onion and cut into rings. Wash the lemon, grate off the yellow peel and juice one half. Add the lemon juice to a bowl with the remaining olive oil, grated lemon zest, Parmesan cheese, salt and pepper and whip up as a salad dressing. Then stir in the onion rings, olives, tomato, rocket, basil and – at the very end – the bread cubes. Serve immediately.

Ingredients (1 person)

- 2 slices Waldkorn® Trispelti
- 50 ml olive oil
- 2 vine tomatoes
- 1 red onion
- 1 lemon
- 25 g grated Parmesan cheese
- salt
- freshly ground black pepper
- 50 g pitted black olives, halved
- 30 rocket, coarsely chopped
- 10 g basil, coarsely chopped

5 - 10 minutes