



ORIGINAL SALAD WITH HUMMUS

INGREDIENTS:

80 g "Z Gruntu Dobre" premium hummus
1 handful rocket
2 large slices eggplant
1 tablespoon rapeseed oil
½ small red onion
1 small orange
4 fresh dates
1 tablespoon almond flakes
few drops sesame oil
Himalayan salt
1/2 teaspoon cumin

PREPARATION:

1. Fry almond flakes on a dry pan. Sprinkle the eggplant slices with salt, set aside for 20 minutes, rinse, dry and drizzle with rapeseed oil. Then place on a frying pan (regular or grill) and grill for 5 minutes on each side. Fillet the orange (cut out the flesh between the white membranes) and divide into smaller pieces.
2. Seed the dates and cut them into bars. Chop up the red onion into peaks. Brush the aubergine slices with hummus and then sprinkle with cumin. Toss the rocket, onion, orange segments and dates in a bowl, then drizzle with sesame oil and season to taste with a little salt. Arrange the ingredients on the aubergines and sprinkle with almond flakes.