Tasting dish with a selection of vegetable spreads



Ingredients

- 300 g carrot, purple
- 300 g beets, yellow
- 300 g garden peas
- 30 g Bresc ginger puree
- 30 g Bresc basil puree
- 30 g Bresc lemongrass puree
- 3 dl sunflower oil
- 1 slice spelt loaf
- 1 lemon (juice)
- salt and pepper

Preparation method

Peel the carrot, cut it into small pieces and cook until tender. Leave the carrot to cool then puree it with 1 dl sunflower oil and the ginger puree. Season with salt, pepper and lemon juice. Boil the peas, drain and leave to cool. Puree them with 1 dl sunflower oil and the basil puree. Season with salt, pepper and lemon juice. Peel the yellow beets, cut it into small pieces and cook until tender. Leave the beets to cool and puree them with 1 dl sunflower oil and the lemongrass puree. Season with salt, pepper and lemon juice. Slice the spelt loaf into slices and toast them. Divide the vegetable spreads into portions and put them in bowls. Serve the bread and the vegetable bowls on a plate.

Used bresc products



Bresc Basil puree 450g



Bresc Lemongrass puree 450g



Ginger puree 450g

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