



Sweet potato toast and beet hummus



Categoria

Entradas e Petiscos



Tempo de preparação

Médio



Dificuldade

Fácil



Custo

Select



Com quem?

Select



Nº de pessoas

4 pessoas

Ingredientes

 25ml Gallo Bio

 10ml Gallo Vinegar of Cider

- 400g sweet potatoes
- 125g cooked chickpeas
- 100g cooked beetroot
- 125g curd cheese
- 100g avocado
- Salt and ground pepper to taste

Modo de preparação

1

Cut big slices of the peeled sweet potato.

2

Sprinkle with coarse salt and grill, brushing with Gallo Bio during the process.

3

Crush the chickpeas, add the cooked beetroot until you get the colour and the flavour you want, as well as the Gallo Vinegar of Cider, salt and ground pepper.

4

When the potatoes are grilled, put the beet hummus, the avocado slice and the grind curd cheese on top.

5

Decorate with aromatic herbs to taste and serve warm.

Produtos utilizados



Bio

Extra Virgin Olive Oil



Cider

Daily Vinegar



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