



Wholemeal bread with tomato and basil topping

„KiKoMo“



Ingredients: for two people



- 4 slices of organic wholemeal bread,
- Dried tomatoes in oil (50g),
- Sunflower seeds (50g),
- 1,5 tablespoon of extra virgin olive oil,
- 1 basil leaf,
- Salt and pepper.



Utis: hand blender, sieve, one high container, cutting board, knife

Sustainability tip:

→ Wholemeal bread is very sustainable due to its local production and organic cultivation. If you want to break the bread on your own, you can use unpackaged cereals and grains

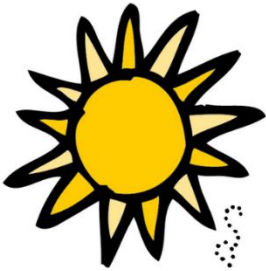


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Preparation:

1. Rinse the tomatoes in the sieve and roughly chop.
2. Put the tomatoes and sunflower seeds in the high container and blend it with olive oil and four tablespoons of water.
3. Wash and dry basil, finely chop leaves. Add the basil to the tomatoes mixture and stir.
4. Add cane sugar, salt and pepper to the tomatoes mixture. The mixture can be kept in a container in a fridge for 4-5 days.



Tip:

→ If you like to have more aromatic mixture, add a clove of garlic.



Enjoy your meal!

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