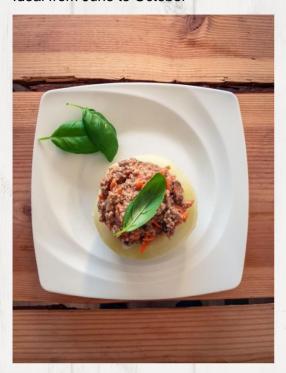
Stuffed kohlrabi with millet, mushroom and carrot filling

Ideal from June to October





Ingredients:

2 kohlrabi

1 cup of millet

1 large carrot

250 g mushrooms

1 spring onion

1 oat cream

1 clove of garlic

Water for the sauce (as required)

salt, pepper, basil for decoration

Preparation:

- 1. peel the kohlrabi and cook it in the steamer for about 30 minutes (you can also boil it in water, then a little less time is enough)
- 2. wash the millet and cook it for about 20 minutes in double the amount of salted water
- 3. wash and grate the carrot, chop the spring onion and put it in a bowl
- 4. wash the mushrooms, dice them and fry them briefly in a little oil
- 5. add half of the mushrooms to the remaining vegetables in the dish
- 6. remove the cooked kohlrabi from the steamer, let it cool down briefly and hollow it out (do not throw anything away, use it for the sauce)
- 7. the sauce: place the other half of the mushrooms in a container and puree them with garlic, the hollowed out "kohlrabi" remains, oat cream, salt and pepper. Add water as needed for the liquid consistency
- 8. add the finished millet and the sauce to the vegetables and mix everything. Fill the kohlrabi with it and garnish with basil leaves if desired