

Stuffed kohlrabi with millet, mushroom and carrot filling

Ideal from June to October



Low Carb[on]
This dish can do everything:
gluten-free, vegan, light, super
healthy and digestive.

By the way also raw vegan
feasible 😊



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