



## Allgäu-Style Superfood Salad with Beet Bulgur, Eggplant and Chia Sesame Limburger Sticks

### Ingredients (4 servings)

250 g bulgur  
200 ml vegetable broth  
300 ml beet juice  
6 tbsp. apple cider vinegar  
8 tbsp. olive oil  
Salt  
Pepper  
200 g edamame  
1 eggplant  
1 package (200 g) St. Mang Original Allgäuer Limburger  
20 g each chia seeds and hulled sesame seeds  
40 g breadcrumbs  
2 medium eggs  
2 tbsp. flour  
4 sprigs each parsley, chervil and mint  
2 spring onions  
1 red chili pepper  
2 tbsp. honey  
50 g almonds with skin  
Oil for frying



### Preparing this dish

1. Cook the bulgur in broth and beet juice according to the package directions. Fluff the bulgur with a fork. Stir in 4 tbsp. vinegar and 2 tbsp. oil. Season bulgur with salt and pepper. Blanch edamame in boiling salted water. Immerse in cold water, drain, and allow excess to drip. Remove edamame from shells.
2. Clean and wash the eggplant, then slice. Brush 2 tbsp. of oil over eggplant slices. Season with salt and pepper. Sauté eggplant slices in a hot grilling pan for about 5 minutes, turning. Remove to paper towels to drain.
3. For the sticks, cut the Limburger into sticks. Combine chia seeds, sesame and breadcrumbs. Whisk the eggs. Dip the cheese sticks first in flour, then in the eggs, and finally in the crumb mixture. Repeat. Heat oil in a frying pan. Fry cheese sticks until golden brown, turning. Remove to paper towels to drain.
4. Wash herbs and shake to dry. Pull the leaves off the stems, then chop. Clean and wash the spring onions and slice into rings. Slice open the chili pepper lengthwise, core and chop. Combine chili pepper, spring onions, herbs, 2 tbsp. vinegar, honey, salt and pepper. Stir in 4 tbsp. oil. Coarsely chop the almonds. Arrange bulgur, edamame and



eggplant slices on plates. Sprinkle with chopped almonds. Place chia sesame  
Limburger sticks on top and drizzle with vinaigrette.

Prep time: approx. 45 minutes. Energy content per serving approx. 3310 kJ, 790 kcal. Protein:  
35 g, fat: 37 g, carbs: 72 g

Käserei Champignon by House of Food