



Carrot cream on SOFT WHOLEMEAL bread

Preparation

1. Peel the carrots and cut into slices. Dice the onion.
2. Heat some olive oil in a pan and sauté the carrots and onion. Add the curry and deglaze with the vegetable stock.
3. Simmer at low heat for about 10 minutes. Drain the stock, blend the carrots and place aside to cool.
4. Stir the yoghurt into the carrots. Season with salt, pepper and chili.
5. Spread the carrot cream on the bread slices and garnish with chives.



Ingredients

- 1 pack of Mestemacher SOFT WHOLEMEAL bread
- 300 g of carrots
- 1 onion
- 100 ml vegetable stock
- 1/2 tsp. curry powder
- salt, pepper, chili according to taste
- chives for garnishing



photo: Susanne Brauer, Kochmädchen