

Rezept des Monats: Knoblauch-Kräuter-Garnelen

Unser Rezepttipp für den Start in die Grillsaison.



A UhY f]U`

%\$ž\$\$_[; UfbY`Yb

Ni hUhYb

\$ž() _['66E ' :]l '? bcV`Ui Wx '? fUi hYfž'5fh"!B f". '&- - (%,

%ž\$\$_['K UggYf#9]g

\$ž) \$_['GdY]gYc`

J YfUfVY]hi b[

66E!:Jl`?bcV`Ui W`?fUi hYf`_i a dYbZY]a`jhK UggYf#9]gi bX
GdY]gYc`Ubfi`fYb
; UfbY`Yb`a`jhXYf`A Uf]bUXY`_i fn`hi a VY`b`cXYf`UbX]gW
a`]gWYb
8]Y; UfbY`Yb`gc`hYb`]a`?i`\\Ui`g`Y]bYb`HU[`Xi`fW`n]Y`Yb

Ni VYfY]hi b[

DZUbbY."`)`A`]bi hYb
; f]`.VY]a`]hhYfYf`<]hnY"`)`A`]bi hYb`CZYb.`%, \$`..7`,` %\$
A`]bi hYb

8]Y; f]`gU]gcb`]ghYfcZbYh`8]Y`VfUbXbYi Yb`HfcW_Yba Uf]bUXYb
K`JYVf[`66E!:Jl`FUb[`Y`i VYfnYi [`Yb`a`]hj`]Yf`UhhfU_hj] Yb
; YgW`a`UW_gf]W`hi b[`Yb`i bX`Y]bZUW`Yf`5bk YbXi b[``Ni XYa
Ybh`U`hYb`g]Y`_Y]bY`NUfha`UW`Yf`i bX`g]bX`XU`Yf`Ui W`cdh]a`U`Z`f
:`]gW`i[`YY][`bYh"
?fUi hYf`i bX`?bcV`Ui W`\\Ufa`cb]YfYb`dYfZY_h`a`]h; Y[f]`hYa``A`]h
XYf`bYi Yb`A Uf]bUXY`66E!:Jl`?bcV`Ui W`?fUi hYf`gW`UZYb
DYhYfg`]YŽ`H`ma`]Ub`i bX`?bcV`Ui W`XYZh[`Y; Ybi gga`ca`YbhY"
66E!:Jl`Ga`c_Ym`GUbhU; Y`k`]YXYfi`a`Vf]b[`h`XYb; YgW`a`UW`_j`cb
BYk`A`Yi`]W`_Ui`Z`XYb; f]``"?`Ugg]gW`Y`Ni`hUhYb`k`]Y`DUdf]_U`i bX
DZYZYfž`UV[`Yfi`bXYh`a`]hY]bYf`F`Ui W`bchYž`a`UW`Yb`X]YgY`d]_UbhY
fchY`A Uf]bUXY`ni`Y]bYa`UVgc`i hYb; Uj`cf]hYb`XYf; f]`gU]gcb"

@Ya`cb[`fUgg`7\`]`i`bX`Di`gnhU

K`Yf`Yg[`Yfb`Yhk`Ug`gW`UfZYf`\\Uhž[`fY]Zhni`66E!:Jl`@Ya`cb[`fUgg
7\`]`8]Y`d]_UbhY`fchY`A Uf]bUXY`gYmh`Ui`ZY]bY`VY`]YVhY
Ug]Uh]gW`Y; YgW`a`UW_g_ca`V]bUh]cb`i bX`di`b_hYh`a`]h7\`]ž
?cf]UbXYf`i bX`N]hfc`bYb[`fUg`Di`gnhU`ghY`h`Z`f`DUdf]_U`i bX`K`i`fnY"
8Ug`gd]Y[`Y`h`g]W`_Ui W`_j]b`XYf`bYi Yb`A Uf]bUXY`66E!:Jl`Di`gnhU
a`]hDUdf]_U`i bX`Hca`UhY`k`]XYf`8]Y`HfcW_Yba Uf]bUXY`i VYfnYi [`h
a`]h`d]_UbhYa`; YgW`a`UW`_i bX`_fUZh[`Yf`fchYf; UfVY"

6Ygi W\Yb`G]Y`i bg`Ui Z.`ZY]gW\i bXWc"Uh