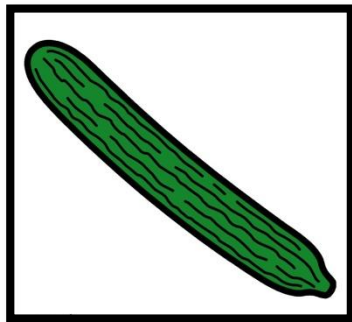
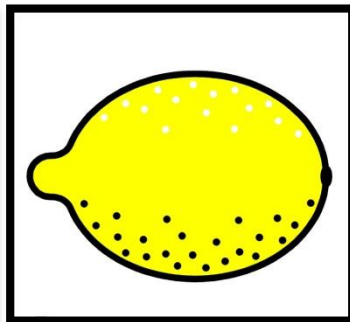


Gurken Salat für 4 Personen ✓

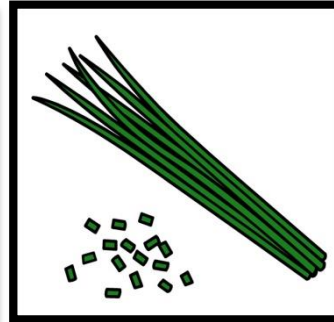
Zutaten:



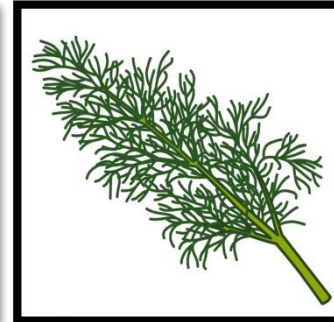
2 Gurken



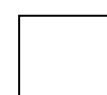
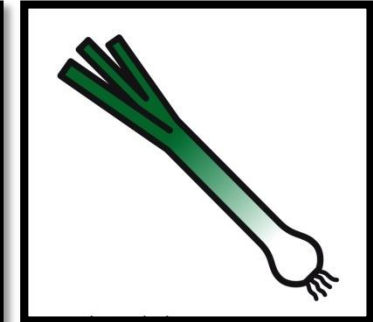
1 Zitrone



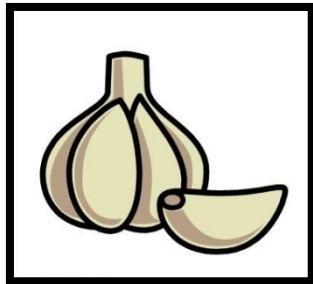
Schnittlauch



Dill



3 Lauchzwiebeln



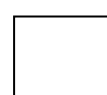
3 Knoblauchzehen



2 saure Sahren



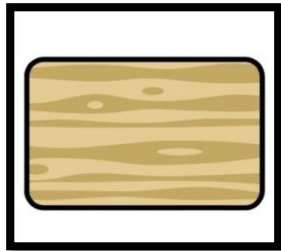
2 Teelöffel Salz



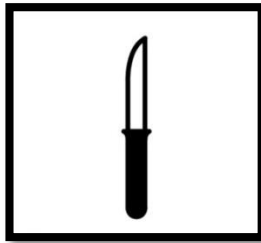
Pfeffer



Geräte ✓



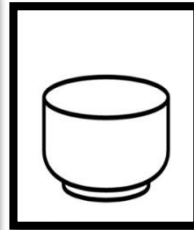
Brettchen



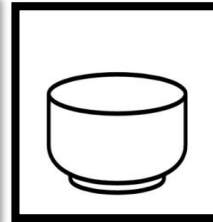
Messer



Schälmesser



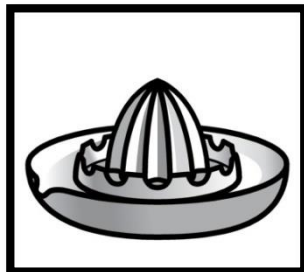
Schüssel



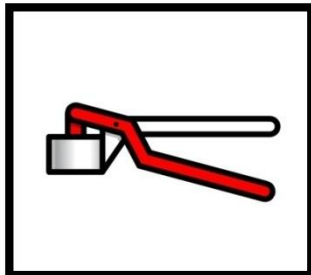
Schüssel



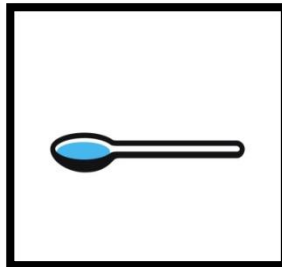
Glasschüssel gross



Zitronenpresse



Knoblauchpresse



Teelöffel

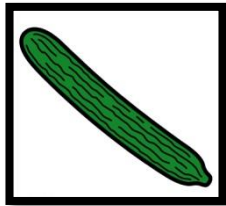


Salatbesteck

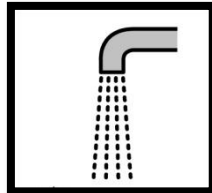
Zubereitung



1. Gurke



waschen



schälen

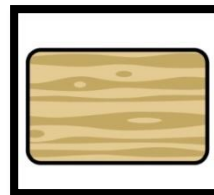


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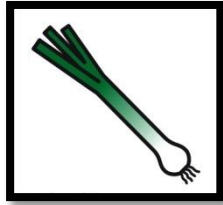
in Scheiben



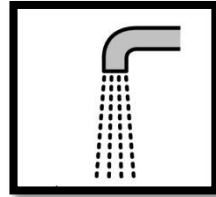
schneiden



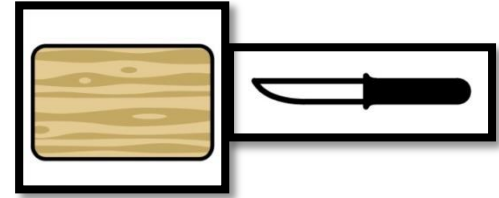
2. Lauchzwiebeln
schneiden



waschen



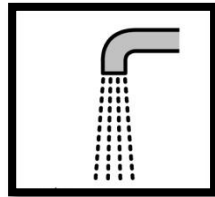
und klein



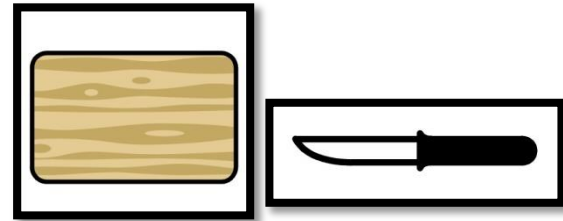
3. Dill




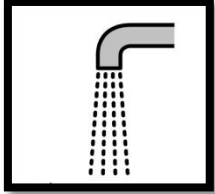
waschen

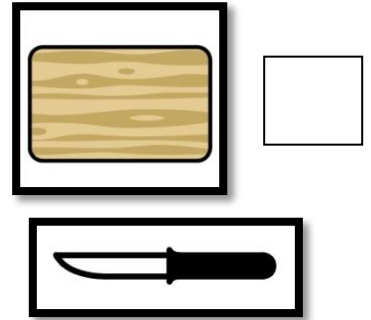


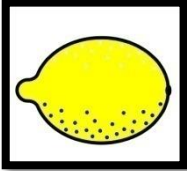

und klein

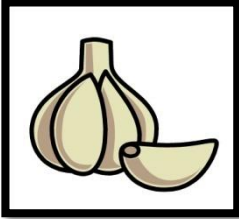
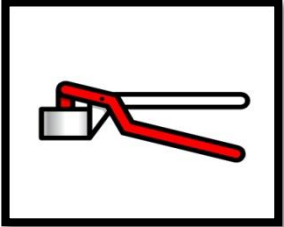


schneiden

4. Schnittlauch  waschen  und klein schneiden



5. Zitrone auspressen  

6. Knoblauch pressen  

7. Gurkenscheiben



saure Sahne



Kräuter



und Knoblauch



Zitronensaft



und Pfeffer





in eine Schüssel füllen und



vermischen

