byodo
bio vom feinsten

Fresh garden salad

The taste of summer in a salad: fresh leaf salad with fruity blueberries, roasted pear and tangy feta cheese.

Zutaten
4 Portionen

Salad
100 g mixed leaf salad
2 Pears
125 g Blueberries
120 g Feta cheese
40 g Hazelnuts
1 EL Byodo frying oil rapeseed

Dressing
100 ml Byodo extra virgin olive oil, from Greece
50 ml Bodo white wine vinegar
1 EL Byodo medium hot mustard
3 TL Acacia honey or agave syrup
1 TL Byodo sea salt
Garden herbs

Zubereitung

Place the ingredients for the dressing in a small bowl or blender jug and whisk together. Stir in the chopped herbs to taste.

Wash the lettuce and spin dry. Roughly chop the hazelnuts and roast in a pan without oil. Wash the pears and blueberries. Drain the blueberries well, cut the pears into wedges. Brush a grill pan with a little rapeseed oil and grill the pear slices on both sides.

Serve the salad on plates. Garnish with blueberries, pear wedges and feta cheese. Finally, sprinkle with roasted hazelnuts and pour over the dressing.