

Brussels sprouts, pecan, pomegranate, feta and green apple salad with yogurt and honey vinaigrette.

Recipe for 4

Description

A nourishing salad that will be much appreciated, with different textures.

If you'd like to make a main course, add soft-boiled eggs. Allow 5.30 to 6 mm cooking time in boiling water with vinegar.

Note

For a main course, I suggest adding one soft-boiled eggs, along with crispy bacon sticks.

Stem the pomegranate in a basin of water, making sure to keep it underwater. This way, you'll avoid staining your countertop.

Ingredients

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- 325 Gr Brussels sprout
- 125 Ml Pecan
- 0.50 Unit(s) Pomegranate
- 1 Unit(s) Granny smith apple
- 150 Gr Feta cheese
- 1 Unit(s) Lemon zests
- 1 Cup(s) Japanese breadcrumbs (panko)

- Salt and pepper
- Vegetable oil
- Olive oil

Vinaigrette

- 0.50 Tbsp Dijon mustard
- 3 Tbsp Plain greek yogurt 0%
- 1 Tsp Honey
- 1 Unit(s) Lemon juice
- 125 Ml Olive oil

- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Setting up

Wash the Brussels sprouts and the green apple.

Remove the stalks (hard part) from the Brussels sprouts, and place them in a cloth to dry. Chop in a food processor or with a chef's knife.

Roast the pecans in a hot oven for 4 to 5 minutes, then crush them.

De-seed the pomegranate and dice the green apple.

Salad and vinaigrette

The vinaigrette

Mix all the ingredients together, emulsifying them to give it a creamy texture.

The salad

Gather all the ingredients for the salad in a serving dish.

Add the vinaigrette just before serving.

Finishing for a main course

Place your soft-boiled egg and crispy bacon sticks on top.

Bon appétit!