

# Crispy vegetables salad, goat cheese cream, cherry tomatoes, Brussel sprouts petals, honey and dill yogurt dressing, smashed pecans |

**Recipe for 4 servings**

## **Description**

A creamy, crunchy, fresh and tart salad, perfect for summer!

## **Note**

\* This allows you to stop the vegetables from over cooking and keeps a nice bright color!

## **Ingredients**

### Vegetables

- 100 Gr Carrot
- 200 Gr Cucumber
- 12 Unit(s) Cherry tomatoes
- 12 Unit(s) Brussels sprout
  
- Salt and pepper

### Yogourt

- 50 Ml Plain greek yogurt 0%
- 4 Sprig(s) Dill
- 100 Gr Fresh goat cheese
- 8 Unit(s) Pecan
  
- Salt and pepper

### Honey vinaigrette

- 1 Tbsp Honey mustard
- 1 Tsp Honey
- 1 Tbsp White balsamic vinegar
- 2 Tbsp Olive oil
- 8 Sprig(s) Chives
  
- Salt and pepper

## **Preparation**

- Preparation time **45 mins**

### Preparation

Peel the carrots. With a peeler, make nice ribbons and set aside in cold water.

Repeat the same process for the cucumber (keep the skin). Stop once you reach the seeds in the center.

Rinse and cut the tomatoes in half.

Rinse the Brussel sprouts, cut the stem and carefully remove the outer layers of leaves. Set aside.

Chop the dill and set aside. Finely chop the chives.

## Vegetables

In a pot of salted boiling water, cook the carrot ribbons until slightly cooked while retaining a slight crunch (1-3 minutes depending on thickness). Transfer to an ice bath\*.

Repeat this process for the brussel sprout leaves.

## Honey vinaigrette

In a mixing bowl, combine the honey and mustard, the balsamic vinegar and slowly incorporate the oil. Season to taste.

## Dill goat cheese

Combine the yogurt and goat cheese. Make sure it isn't too runny. Season to taste with salt and pepper and add the dill. Always taste to adjust seasoning.

Break the pecans with your fingers and set aside.

## Plating

On a nice flat plate, place a dollop of the goat mixture. With the back of a spoon, spread it around the contour of the plate. In the center, place the vegetable salad randomly, making sure not to flatten it, we want to keep some volume.

Place the pecans randomly all over the plate and drizzle the salad with the honey vinaigrette.

Decorate with chives and enjoy!

**Bon appétit!**