

Endive salad, frisée lettuce, green beans, smoked salmon and maple-mustard vinaigrette |

Recipe for 4 servings

Description

A colorful salad with crunchy vegetables, smoked salmon, country bread croutons and Dijon mustard vinaigrette.

Note

The Cortland apple is perfect in salads, its flesh does not brown easily.

Ingredients

Salad

- 1 Unit(s) Endive
- 150 Gr Green beans
- 1 Unit(s) Cortland apple
- 8 Leaf(ves) Frisée salad

Garnish

- 75 Gr Smoked salmon
- 2 Handful(s) Bread crust
- 1 Unit(s) Green onion

Dressing

- 1 Tsp Dijon mustard
- 2 Tsp Apple cider vinegar
- 2 Tbsp Olive oil
- 1 Tsp Maple syrup

Preparation

- Preparation time **20 mins**

Set up

Remove the ends of the green beans, then cook them for 3 minutes in boiling salted water.

Cut the endive leaves into julienne strips and the apple into sticks.

Cut the smoked salmon into thin strips.

Cut the green onion into wedges.

In a bowl, combine all the dressing ingredients with a pinch of salt and a crack of pepper.

Salad

In a bowl, combine the beans, endive and apple in the dressing.

Place the Boston lettuce leaves at the bottom of your presentation plates, then top with the endive salad.

Garnish with the smoked salmon strips, the croutons of bread and the green onion wedges.

Bon appétit!