

Yellow beet salad with bok choy, lime vinaigrette and sesame oil |

Recipe for 4 servings

Description

A salad of raw and cooked vegetables seasoned with an Asian vinaigrette.

Note

This recipe is perfect as a side to grilled meat.

Ingredients

Salad

- 2 Unit(s) Bok choy
- 100 Gr Celery
- 100 Gr Red pepper
- 200 Gr Yellow beet
- 2 Unit(s) Green onion
- 2 Tbsp Fried oignons

- Salt and pepper

Dressing

- 10 Ml Roasted sesame oil
- 10 Ml Lime juice
- 10 Ml Tamari
- 10 Ml Dijon mustard
- 30 Ml Canola oil
- 1 Tsp Lime zest(s)

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your at **0 F°**

Preparation

Peel and julienne the beet, then blanch in salted water. Be careful not to overcook.

Finely chop the bok choy and green onion.

Julienne the bell pepper and celery.

Mix all the ingredients and set aside.

On the plate

Toss the vegetables in the vinaigrette, except for the fried onions and green onion.

Place the salad on your plates and garnish with the fried onions and green onion.

Bon appétit!