



Fitness salad with Almonta - dressing

Ingredients (four servings)

For the salad:

- 7,05 oz (200g) chicken breast-filet
- salt, pepper
- 1 oil
- 1 Romaine lettuce (a150gà5,29 oz)
- 3,5 oz (100g) rocket
- 2,82 oz (80g) mini tomatoes
- 3,5 oz (100g) white seedless grapes
- 5,29 oz (150g) pear
- 1,05 oz (30g) walnuts
- 1 patch sprouts e.g. radish sprouts



For the dressing:

- 2,82 oz (80g) Almonta Fine Herbs
- 1,76 oz (50g) natural yoghurt
- 2 tbsp. fruit vinegar
- 1 oil
- salt, pepper
- 1,41 oz (40g) chopped spring onions

Preparation:

Cut the chicken breast filet in fine stripes and season with salt and pepper.

Clean the romaine lettuce, divide it into eights and cut the stem out. Also clean the rocket and to cut off the hard stalk of
Drain the rocket.

Wash the tomatoes, white seedless grapes and the pears.

Divide the tomatoes in four and remove the stalks. Halve the white seedless grapes, divide the pears in four at the same time cut the core out. Now cut the four parts in fine stripes.

Cutting the sprouts with a scissors.

Now decorate all ingredients on four plates.

For the dressing stir Almonta Fine Herbs with natural yoghurt, fruit vinegar, oil, salt und pepper until smooth. Mix in the spring onions.

Pour dressing over salad and serve immediately.

Nutrition facts (per serving):

- calories: 1370 kj/328 kcal
- proteins: 17g
- fat: 23g
- carbohydrates: 13g