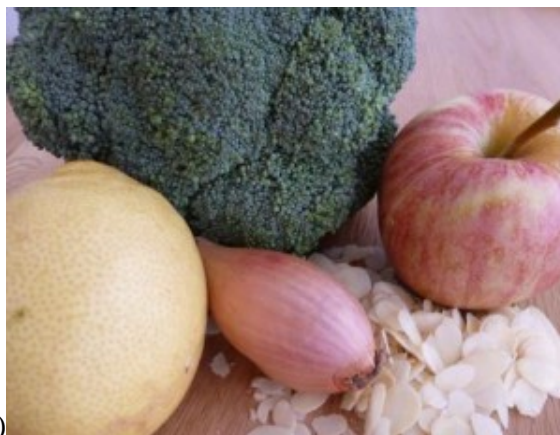


Broccoli salad with apple and almonds



This refreshing salad is absolutely ideal for warm summer or autumn days.

Ingredients for 2 persons:



500 g broccoli (when cleaned this is c. 300 g)

- 1 small apple
- 50 g crème fraîche
- 20 g yoghurt
- 20 g honey (c. 2 tsp)
- 10 g olive oil (c. 1 tbsp)
- 30 g shallots
- 1 juice of a lemon

30 g flaked almonds (almond flakes), lightly roasted
2 tbsp chopped parsley
Salt, pepper

Tip: This recipe can be nicely combined with cooked ham and/or 'Bergkäse' (cheese produced in the Alps)



Preparation (duration c. 30 mins):

Wash broccoli and cut into small florets, peel stalks generously and cut into strips.

Now blanch the chopped broccoli in a saucepan with boiling, salted water for 3 minutes and then rinse in cold water.

Lightly roast the almond flakes in a non-stick frying pan. This is possible with as well as without using oil.



Thoroughly mix crème fraîche, yoghurt, lemon juice, honey, olive oil, salt, pepper, shallots cut into rings, roasted almond flakes and the chopped parsley in a bowl.

Grate apple or cut into fine stripes (3 mm thick and 3 cm long).

Mix broccoli and apple with the salad dressing and serve in a bowl.

Enjoy trying out this dish. Bon appetit!
