



# Summer fruit and goat cheese salad

15'  
Hands on

3 hours'  
Hands off

4-6  
Portion(s)

2  
Difficulty



## Method

For the vinaigrette

- In a bowl add the mustard, the honey, salt, pepper, the balsamic vinegar, and whisk.
- Add the sunflower oil very slowly, whisking constantly until the dressing thickens.
- Alternatively, add all the ingredients into a bowl and beat them with an immersion blender until homogenized.

For the salad

- With a peeler, slice the zucchini, the cucumber, and the carrot into thin ribbons and add them into a bowl with cold water and ice. Make sure to not add the seeds of the zucchini and the cucumber.
- Refrigerate for 2-3 hours. This way, the vegetables will be “cooked” by the ice and they’ll become crunchier.
- Drain the vegetables and add them into a bowl. Add the vinaigrette and mix.
- **Cut** the nectarine and the plum into small pieces and add them into the bowl.
- Add the mixed salad and mix.
- Add the goat cheese into pieces, the pine nuts, and the strawberries.
- Serve with mint.

## Ingredients

For the vinaigrette

- 1 tablespoon(s) mustard, mild
- 1 tablespoon(s) honey
- salt
- pepper
- 50 g balsamic vinegar
- 100 g sunflower oil

For the salad

- 1 zucchini
- 1/2 cucumber
- 1 carrot
- 1 nectarine
- 1 plum
- 150 g mixed green salad
- 100 g goat cheese
- 20 g pine nuts
- 100 g strawberries

To serve

- mint

## Διατροφικός πίνακας

Nutrition information per portion

287 Calories (kcal)	24.0 Total Fat (g)	5.2 Saturated Fat (g)	11.0 Total Carbs (g)
14%	34%	26%	4%
9.6 Sugars (g)	5.3 Protein (g)	2.7 Fibre (g)	0.63 Sodium (g)
11%	11%	11%	11%