



Grilled iceberg salad

15'
Hands on

5'
Cook Time

6
Portion(s)

1
Difficulty



Method

For the onions

- Combine the white wine vinegar, sugar, water, bay leaves, chili flakes and coarse salt in a medium **pan**. Place over medium heat and simmer until the sugar dissolves completely.
- Cut the onions in a half, lengthwise and then each half into thin slices.
- Add to the pan and **stir** to combine. Simmer for 2 minutes.
- Remove from heat and set aside at room temperature for 1 hour so the onion can cool while in the marinade. Season with salt and pepper.

For the salad

- Light your grill or heat a **grill pan** over medium to high heat.
- Combine the vinegar and mustard in a **bowl**. Add the olive oil gradually while whisking until the dressing starts to thicken.
- Season with coarse salt and pepper. Add the 40 g of **crumbled** blue cheese and mix.
- Brush the iceberg wedges with olive oil and season with coarse salt and pepper.
- Grill for about 2 minutes, until the cut sides dry out. Careful not to burn them.
- **Serve** with blue cheese dressing and top with onions and extra blue cheese.

Ingredients

For the onions

- 250 g vinegar, of white wine
- 100 g granulated sugar
- 240 g water
- 2 bay leaves
- 1/2 teaspoon(s) chili flakes
- 1/2 teaspoon(s) salt, coarse
- 500 g onions, red, thinly sliced
- salt
- pepper

For the salad

- 50 g vinegar, of white wine
- 1/2 teaspoon(s) mustard, dijon
- 50-70 g olive oil
- salt, coarse
- pepper
- 40 g blue cheese, + extra for serving
- 40 iceberg lettuce, hearts, cut into 4 wedges, without removing the stem

Διατροφικός πίνακας

Nutrition information per portion

240 Calories (kcal)	14.0 Total Fat (g)	3.0 Saturated Fat (g)	24.0 Total Carbs (g)
12%	20%	15%	9%
22.0 Sugars (g)	2.7 Protein (g)	1.2 Fibre (g)	1.2 Sodium (g)
24%	5%	5%	20%