



Mixed salad with cheese balls

20'
Hands on

4-6
Portion(s)

1
Difficulty



Ingredients

For the cheese balls

- 300 g feta cheese
- 100 g cream cheese
- 20 g pistachios
- 20 g cranberries

For the salad

- orange juice, of 1 orange
- orange zest, of 1 orange
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1 tablespoon(s) mustard
- 2 tablespoon(s) grape molasses
- 4 tablespoon(s) olive oil
- 1 tablespoon(s) balsamic vinegar
- salt
- pepper
- 1 orange
- 1 grapefruit(s)
- 200 g mixed vegetable salad
- 200 g smoked salmon, into slices
- 1 pomegranate, seeded

Method

For the cheese balls

- Add the feta cheese into a **bowl** and crumble it with a spoon.
- Add the cream cheese and mix well with the spoon, until the cheese is fluffy.
- Finely chop the pistachios and add them to the bowl.
- Add the cranberries and mix well with the spoon.
- Shape the mixture into small balls and set them aside until needed.

For the salad

- In a bowl add the orange and lemon zest and juice, the mustard, the grape molasses, the olive oil, the balsamic vinegar, salt, pepper, and mix well with a spoon.
- Peel the orange, the grapefruit, and segment them.
- Put the mixed salad on top of the dressing, add the citrus segments, the smoked salmon slices, the cheese balls over the salad, and sprinkle with the pomegranate seeds.
- Mix and serve.

Διατροφικός πίνακας

Nutrition information per portion

422 Calories (kcal)	30.0 Total Fat (g)	12.0 Saturated Fat (g)	18.0 Total Carbs (g)
21%	43%	60%	7%
17.0 Sugars (g)	18.0 Protein (g)	2.6 Fibre (g)	1.8 Sodium (g)
19%	36%	10%	30%