



Grape and crusted goat cheese salad

30'
Hands on

1 hour'
Hands off

6-8
Portion(s)

1
Difficulty



Method

For the cheese

- **Cut** the cheese into slices and then, put them in the freezer for at least 1 hour. This is done to prevent the cheese from melting when you fry it.
- Take 3 **bowls**. In one of them, add the flour, in the other one the egg with the milk well-whisked, and in the third the blanched slivered almonds.
- Heat a **pan** over high heat.
- Take the cheese out of the freezer and dip each piece in the flour, then in the egg-milk mixture, and then in the almonds.
- Add the sunflower oil into the pan and fry the cheese slices, by flipping them over once, until they turn slightly golden.
- Serve them along with the salad.

For the salad

- Mix the vegetables and the grapes into a bowl.
- In a small **container**, prepare the vinaigrette by mixing the olive oil, vinegar, salt, and pepper well.
- Pour it over the salad and serve.

Ingredients

For the cheese

- 150 g goat cheese
- all-purpose flour, for breading
- 1 egg, lightly beaten
- 2 tablespoon(s) milk
- 80 g almond slivers
- 100 g sunflower oil, for frying

For the salad

- 400 g mixed vegetable salad, green, of your choice
- 1 cucumber, cut in half and then in strips
- 1 onion, small, red, thinly sliced
- 200 g cherry tomatoes, cut in half
- 150 g grapes, white and red, without seeds, cut in half
- 60 g olive oil
- 20 g balsamic vinegar
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

272 Calories (kcal)	21.0 Total Fat (g)	5.4 Saturated Fat (g)	11.0 Total Carbs (g)
14%	30%	27%	4%
7.1 Sugars (g)	9.2 Protein (g)	3.1 Fibre (g)	0.46 Sodium (g)
8%	18%	12%	8%