



COOKING PASSION SINCE 1877

## Beetroot Kale Salad with Salmon and Orange Dressing



Serves: 2

### INGREDIENTS

#### FOR THE SALMON:

Salmon filets (100 g each)  
1 tbsp Olive oil  
Grated zest of ½ organic orange  
Salt, pepper

#### FOR THE DRESSING:

2 tbsp Juice from ½ organic orange  
3 tbsp White balsamic  
3 tbsp Olive oil  
tbsp Liquid honey Salt, pepper

#### FOR THE SALAD:

Ca. 200 g Kale (without stalk, chopped in pieces)  
2 Small apples  
Juice from ½ lemon  
2 Cooked beetroots  
**40 g Almonds**  
**100 g Feta**

ALLERGENES HIGHLIGHTED IN BOLD

### PREPARATION

Rinse the salmon in cold water and dry with kitchen paper. Mix olive oil, orange zest, salt and pepper in a bowl. Marinate the salmon and place in an unperforated steamer basket.

For the dressing, put all the ingredients in a screw-top jar and shake well. Season to taste with salt and pepper.

Place the washed kale and the dressing in a bowl and knead with your hands for about 2 minutes.

Steam the salmon filet at 75 °C (shelf height 2) for about 8 minutes. The cooking time depends on the thickness of the fillets, the fish should still be a little glassy in the middle.

In the meantime, wash and core the apples and cut them into pieces. Sprinkle with a little lemon juice. Cut the beetroot into cubes or sticks. Coarsely chop the almonds. Add everything to the salad and mix together.

Crumble the feta over the salad. Arrange the cooked salmon in pieces on the salad and serve.