

Summer salad with Protinella on vegetables, fruits and orange dressing



**Up to 30
min.**



Simple



Vegetarian



Zubereitung

1. Wash and spin the lettuce.
2. Peel the orange, grapefruit and avocado and cut into slices.
3. Cut the GOLDSTEIG Protinella into slices and put it in the orange dressing.
4. Cut the fennel into slices and fry lightly in a pan.
5. Arrange the ingredients beautifully on a plate or platter and drizzle with the orange dressing.

Orange dressing

Reduce the orange juice from 500 ml down to 100 ml and add the other ingredients. Then emulsify using a blender. Season with salt and pepper.

Zutaten

For 2 people:

- 4 handfuls of lettuce
- 2 packs GOLDSTEIG Protinella
- 1 avocado
- 1 fennel bulb
- 1 orange
- 1 grapefruit
- 100 g roasted nuts

Orange dressing:

- 500 ml orange juice
- 50 ml sunflower oil
- 25 ml olive oil
- 20 ml apple vinegar
- A dash of water
- 20 g mustard
- Sugar
- Rock salt

