

Summer salad with protinella with vegetables, fruit and orange dressing



*Up to 30
min.*



Simple



Vegetarian



Zubereitung

1. Wash and spin-dry the salad.
2. Peel the orange, grapefruit and avocado and cut into wedges.
3. Slice the **GOLDSTEIG Protinella** and marinate in the orange dressing.
4. Slice the fennel and fry lightly in a pan.
5. Arrange the ingredients on a plate or platter and drizzle with the orange dressing.

Orange dressing

Reduce the orange juice from 500ml to 100ml, add the other ingredients and emulsify with a hand blender. Flavour with salt and pepper.

Zutaten

Serves 2:

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

Orange dressing:

- 500ml orange juice
- 50ml sunflower oil
- 25ml olive oil
- 20ml apple cider vinegar
- dash of water
- 20g mustard
- sugar
- rock salt

