

Spring salad with burrata and walnuts



Author: Anna-Sophie Gottwald, Germany



INGREDIENTS

- 14 oz lamb's lettuce
- 9 oz strawberries
- 4 burrata
- 1 cup California walnuts
- 6 tablespoons walnut oil
- 3 tablespoons light balsamic vinegar
- 1 tablespoon maple syrup
- Sea salt
- Pepper
- Chili flakes

Nutritional Value for 4 servings

Energy (kcal)	720
Carbohydrates (g)	10
Protein (g)	17
Fiber	4.4
Total fat (g)	66

INSTRUCTIONS

1. Wash the lamb's lettuce, spin dry and, if necessary, remove the small roots from the leaves. Wash and quarter strawberries.
2. Mix walnut oil, balsamic vinegar and maple syrup to a dressing and season with sea salt, pepper and chili flakes.
3. Chop walnuts and toast them without fat in a pan until fragrant. Then allow to cool.
4. Mix the lamb's lettuce and strawberries with the dressing, place on four plates and add a handful of walnuts (30 g) to each. This way, each serving gets its recommended daily serving of omega-3 fatty acids!
5. Finally, carefully lift the burrata out of the packet, divide it among 4 arranged salads, slice and enjoy.