

GRILLED KABANOS SAUSAGE SALAD

INGREDIENTS:

Salad:

2 large handfuls corn salad
1/2 packaging Sokolow jalapeño flavoured grill kabanos sausages
4 tablespoons canned corn
3 tablespoons canned red beans
300 g cherry tomatoes
1 green pepper
Nachos for decoration

Dressing:

4-5 tablespoons grape seed oil
30 g avocado
1 clove garlic
1 teaspoon agave syrup
1 teaspoon lime juice
1 teaspoon apple vinegar
salt, freshly ground pepper

PREPARATION:

1. Mix dressing ingredients using a blender until homogeneous. You can use oil to regulate dressing density.
2. Diagonally cut kabanos sausages into slices 1.5 cm long, then put them on a pan. Fry, stirring occasionally, for 5-6 minutes until brownish.
3. Cut tomatoes into halves.
4. Remove the core from the pepper and cut it into thin, short strips.
5. On plates put alternately the corn salad, kabanos sausages, corn, beans, tomatoes and pepper. Pour dressing and decorate with nachos.