

SALAD WITH CARAMELIZED FRUITS

INGREDIENTS:

1 packaging Sokolów pork chips
3-4 nectarines or plums
1 tablespoon butter
pinch of cinnamon
1 tablespoon cane sugar
handful green beans
2 tablespoons pomegranate seeds
a couple of walnuts
1/2 packaging lettuce mix
2 baked beets
juice from 1/2 lemon
1 cup yoghurt
handful parsley leaves
few drops olive oil
1/2 tablespoon powdered sugar
salt, pepper

PREPARATION:

1. Cut plums or nectarines in half (larger fruits can be cut into smaller pieces), remove the seeds and fry in butter. Add cane sugar and cinnamon and fry for a moment.
2. Cook green beans until al dente. Dice baked beets and put into a large bowl. Add salad mix, pomegranate seeds, chopped walnuts, pork chips, parsley, caramelised fruits and green beans. Mix.
3. In a separate bowl, mix yoghurt, olive oil, powdered sugar and lemon juice. Season the dressing with salt and pepper and pour over the salad.