



## Walnut apple flax salad *(portion per person)*

### Ingredients

- Apple smith 200 g
- Roca 75 g
- Red lettuce 25 g
- Iceberg lettuce 30 g
- Chunky walnut 25 g
- Sweet corn 20 g
- Honey one table spoon
- Dijon mustard one tea spoon
- Olive oil one table spoon
- Flax seeds one tea spoon

### Method of preparation:

- Combine honey, Dijon mustard and olive oil with a pinch of salt and whisk it very well for a smooth dressing.
- Cut the apple to cubes, mix all the ingredients and toss it with the dressing, garnish with chunky walnut and flax seeds.

**Enjoy & Sahtein!**