

Celery salad with grapes

Ingredients required for 4 persons

Preparation time 15 minutes

Difficulty easy

Ingredients

200 g celery
1 apple
40 g walnut kernels
100 g green grapes
50 g lamb's lettuce
150 g chicken breast
1 TL cane sugar or coconut
flower sugar
50 g heavy sour cream (20 %
milkfat)
1 EL lemon juice
3 EL macadamia oil
1 EL white wine vinegar
2 Prise salt and pepper
1 EL coconut oil



Preparation

Fry chicken breasts in coconut oil, season with salt and pepper, cut in thin slices and allow to cool. Thoroughly wash lamb's lettuce and allow to drip. Wash celery and the apple, cut in thin slices or rasp. Wash the grapes and cut in half. Place walnuts, lamb's lettuce, celery, apple and grapes in a salad bowl. Add the chicken slices. For the dressing, mix sugar, heavy sour cream, lemon juice, macadamia oil, white wine vinegar, salt and pepper. Pour over the salad right before serving.