

Healthy Waldkorn® salad

Tomato, Ham, Egg, Cheese, Lettuce, Cucumber,

Working method

Hard boil the egg for 8 to 9 minutes. Cut the Waldkorn® into croutons and fry in a little olive oil. Dice the cucumber, tomato, cheese and ham and mix with the salad. Season to taste with salt and pepper. Sprinkle with the vinaigrette and mix well. Drain the croutons on a piece of kitchen paper. Cut the egg into wedges and add to the salad with the croutons. Finish with a little parsley.

Tip: make a vegetarian version by omitting the ham from the recipe.

Ingredients (1 person)

10 - 20 minutes

- 1 egg
- 2 thick slices Waldkorn® Ancient Grains
- olive oil
- cucumber
- tomato
- young cheese
- ham
- mixed salad
- salt and pepper
- 2 tbsp vinaigrette