



Recipe Details

Recipe Name : **Courgette And Goats Cheese Salad**
Recipe Category:
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Portions : **4**



Weight (Per Portion)

One portion of this dish weighs approximately 567.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Courgette (zucchini)	6 Medium	
Chicory	1 Medium	
Tomato, red, raw	4 Medium	
Cheese, Goats, full fat,	125 Gram	 Milk
Pine nuts	2 Tablespoon	
Oil, olive	4 Tablespoon	
Lemon, juice	1 Tablespoon	
Mint, fresh	10 Gram	
Oregano, fresh	10 Gram	
Salt, table	1 Pinch	
Pepper, black	1 Pinch	

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	 Milk

Recipe Method

1. Wash, dry and cut up all the vegetables into good sized chunks courgettes, medium head chicory and tomatoes. 2. Cut the goats' cheese into smaller chunks. 3. Shake the ingredients for the dressing in a jar olive oil, lemon juice, chopped fresh mint leaves and fresh oregano (optional) and pour over the vegetables. 3. Toss well. Sprinkle over the pine nuts and serve.

