GLAMFORMUM

Waldorf Salad Packed with Omega-3s

Ingredients

- [ ] 1 romaine lettuce
- [ ] 2 handfuls of baby spinach
- [ ] ¼ celery root
- [ ] 2 celery stalks
- [ ] 2–3 Granny Smith apples
- [ ] 3 smoked mackerel fillets
- [ ] 1 handful of walnut halves
- [ ] seedless white grapes
- [ ] 12 hard-boiled quail eggs
- [ ] 1 egg yolk
- [ ] 1 tablespoon of mustard
- [ ] salt, pepper, lemon juice, and rapeseed oil
- [ ] 1 goat's or sheep's milk yogurt

Prepare the salad

1. Prepare the apples

Cut the Granny Smith apples into matchsticks, ideally using a mandoline. Immediately drizzle them with lemon juice to prevent them from browning.

2. Prepare the celery root and celery

Peel the celery root and cut it into small sticks or thin slices. Slice the celery stalks as well. Add them to the apples and toss with the lemon juice.

3. Prepare the salad base

Arrange the romaine lettuce and baby spinach in a large bowl or on a serving platter.

4. Add the vegetables and apples

Add the apples, celery root and celery to the salad.

5. Add the omega-3-rich ingredients

Remove the skin and any bones from the smoked mackerel, then arrange it gently on top of the salad. Add the hard-boiled quail eggs, walnuts and seedless white grapes.

Prepare the dressing

6. Make the mayonnaise

Mix the egg yolk and mustard together. Gradually whisk in the rapeseed oil until the mayonnaise thickens. Season with salt, pepper and, if desired, a little lemon juice.

7. Finish the dressing

Add the goat's or sheep's milk yogurt to the mayonnaise and stir until smooth.

8. Serve

Serve the dressing alongside the salad, or add it just before serving.

Watch the recipe video here: https://youtu.be/cs_vZ7eT9zk