



PREP TIME

10 minutes



COOKING TIME

5 minutes



SERVINGS

for 1 person as a
main course salad

RADICCHIO SALAD WITH ZUCCHINI AND BEANS

200 g (about 6 cups) radicchio

200 g (1 cup) canned/cooked
kidney beans

1 medium-sized zucchini

1 tablespoon pumpkin seeds

20 g (1/4 cup) chopped leek
(green parts, raw)

2 tablespoons sour cream

1/2 teaspoon dill

1/4 teaspoon cumin

1 tablespoon pumpkin seed oil

1-2 tablespoon apple cider
vinegar

salt

Optional: add a boiled egg

Set a pot with water and a bit of salt on the stove to boil. Chop the zucchini into cubes and put it in the water once it's boiling. Boil until tender, then drain and douse in cold water to cool down.

Meanwhile, wash and chop the radicchio into bite-sized pieces, dice the leek into ribbons and drain and wash the canned beans. If you are using cooked beans, you will need to soak and cook them beforehand.

Put the radicchio, beans, leek and zucchini into a bowl and dress with the cumin, dill, salt, pumpkin seed oil and apple cider vinegar. Toss until it's all well mixed, then garnish with pumpkin seeds and sour cream on top.

Add a slice of bread if you feel like the salad won't be enough for your meal and enjoy!

