

Pan-Fried Goat's Cheese

PREPARATION

approx. 40–45 min

PER SERVING

339 kcal

TEMPERATURE

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SERVINGS

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INGREDIENTS

- ☐ 8 slices fresh goat's cheese
- ☐ 8 slices smoked ham / bacon
- ☐ 100 g rocket
- ☐ 100 g lamb's lettuce
- ☐ 8 figs
- ☐ 100 g walnut halves
- ☐ 4 tbsp honey

DRESSING

- ☐ 6 tbsp vinegar
- ☐ 8 tbsp oil
- ☐ 4 tsp sweet mustard
- ☐ salt, pepper, 1 pinch of sugar

METHOD

- 1 Wash and trim the lamb's lettuce and rocket, quarter the figs and wrap the goat's cheese in the bacon.
- 2 Make a dressing from the vinegar, oil, mustard, salt, pepper and sugar and set aside.
- 3 Heat the pan on the highest setting, then turn down to medium. Fry the wrapped goat's cheese on both sides and keep warm.
- 4 Toast the walnuts in the pan over a medium heat and caramelise them with the honey.
- 5 Toss the salad leaves with the dressing and arrange on plates. Top with the goat's cheese and garnish with the quartered figs and caramelised walnuts.

NOTES

Per serving: 1425 kJ, 339 kcal, 14 g protein, 27 g fat, 10 g carbohydrate.