



JERNEJ KITCHEN

SALAD WITH GRILLED CHICORY AND BLUE CHEESE

In need of a quick lunch idea for a busy midweek day? Here you go.

SERVES 4 PEOPLE
PREPARATION: 20 MINUTES

SALAD WITH GRILLED CHICORY AND BLUE CHEESE

2 large chicory heads
1 large apple
150 g button mushroom, fresh
60 g walnuts, roughly chopped
60 g bread croutons
40 g butter
2 cloves of garlic, sliced

SALAD DRESSING

4 tbsp lemon juice
6 tbsp olive oil
1/2 tsp whole grain mustard
20 g blue cheese, gorgonzola or roquefort

TOOLS AND EQUIPEMENT

kitchen knife
grill pan with a lid
small bowl or a cup
salad bowl

CLEAN YOUR VEGGIES

Wash and pat dry both chicories. Cut one chicory in half lengthwise and cut the other one on smaller pieces for salad. Wash and pat dry the apple. Cut on small cubes. Clean the mushrooms.

COOK THE CHICORY

Place a grill pan over a medium high heat, drizzle with two tbsp of olive oil and place the cut chicory, cut-side down first, in the pan. Press with your fingers and grill for about a minute. Add the butter, 4 tbsp cold water and a pinch of salt. Cover with a lid, lower the heat and cook for about 8 minutes.

SALAD DRESSING

Prepare the salad dressing. In a small bowl or a cup mix together the lemon juice, olive oil, whole grain mustard and blue cheese. Mix using a spoon or a fork, so that you get a nice, thick but silky dressing. Season to taste.

COMBINE

Transfer the grilled chicory to a plate, clean the pan and put in on a medium high heat once again. Add a tbsp of butter, mushrooms, walnuts and pan fry it well. Add the sliced garlic and set aside.

SERVE

Lay the grilled chicory in a salad bowl. Add the cut raw chicory, apple cubes, fried mushrooms, walnuts and bread croutons. Crumble over the blue cheese and drizzle everything with a salad dressing.

TIP

[Also amazing with grilled chicken breast.](#)