

## Mikado salad

**1** Out of convenience or for neat looks use a slicer of your choice or simply manually cut the veggies and the apple in more or less equally thin sticks (about 2-3mm thick). This is a great opportunity to dust of advanced kitchen tools that usually don't get so much attention, like the Kitchen Aid slicer add-on or the mighty [Mandoline](#). Alternatively to slicing, you could also try grating the vegetables/ apple, which of course will result in a different and less crunchy consistency - but will taste great nevertheless.

**2** Pile the fruit and vegetable sticks in a large bowl, add the yogurt, olive oil, coarse sea salt, lime juice and blend carefully. For enhanced flavors, allow the mix to rest in the fridge for half an hour (cover up with cling foil). Add some more seasoning if necessary & serve in small bowls. Just before serving, sprinkle with crumbled sheeps' cheese and top with lime zest.



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*Recipe source: inspired by Jamie Oliver, Besser kochen, p.36*

Prep time: 20min.

Ingredients (amounts merely by guess and gosh, serves 4 as an appetizer):

- \* 1 red mid- sized beetroot, peeled
- \* 1 small turnip cabbage, peeled
- \* 1 large carrot, peeled
- \* 1 large or 2 small apples, peeled
- \* 1 lime, zest and juice
- \* olive oil
- \* 2 tbsp Greek yogurt
- \* coarse sea salt
- \* sheep's cheese, crumbled