

ALARIA CAPRA SALAD

INGREDIENTS

1 red onion chopped finely
coconut oil for frying
1/2 tablespoon fresh thyme, destalked
and finely chopped
1/2 tablespoon of fresh ginger
6 inches Alaria (wakame) (about 5g)
snipped into 0.5 – 1 cm (1/4-1/2 inch)
pieces
2 cups of stock
Green leaf lettuce
Frisée lettuce
1 lemon

DRESSING

2 tablespoons lemon juice
2 tablespoons walnut oil
3 tablespoons olive oil
1/2 tablespoon thyme

3 oz Walnuts
1 tablespoon of sea vegetables chopped
115g (4oz) Goat cheese, crumbled.

4 Serves

DIRECTIONS

In a large heavy base saucepan sauté the onion in coconut oil over moderate heat until softened, add Alaria (wakame) and stir briefly.

TO PREPARE DRESSING AND ASSEMBLE SALAD

In a large bowl combine the ginger, lemon, juice and oils. Toss the Alaria (wakame) Add half of the walnuts, and the Frisée lettuce in the dressing, toss well.

Sprinkle cheese over the top and toss again.

Scatter walnuts over the green leaf salad base and toss the dressing mixed.