



# 'SALADE MÉHARI'

## To buy:

Broccoli	Red onions	1 bottle Château
Green beans	Baby salad leaves	la Tulipe
Fresh broad beans	A chunk of parmesan	de la Garde
Anchovies	Avocado	

Boil the broccoli, green- and broad beans for two minutes. Not a whole lot longer because you want to keep them nice and crunchy.

Cut the red onion into rings and grill them. Again: don't overdo it, no charring please!

Leave to cool because if you dump hot vegetables directly onto the lettuce, it will turn brown, soggy and murky. (Don't double-pod the broad beans. The green skin is very healthy.)

Take a nice looking serving dish and spread a handful of lettuce on the bottom.

Arrange the cooled down vegetables on top.

Add sliced avocado.

A couple of thinly sliced anchovies.

## Make a dressing

with olive oil, some white balsamic vinegar, a pinch of curcuma, a little crushed garlic, s&p.

Pour dressing over salad.

Add wafer thin shavings of parmesan.

Toast a couple of slices of crusty wholemeal bread.

Take a bottle of chilled Château la Tulipe and place everything on the bonnet of a Méhari.

## SLURP TIP TO GO WITH THIS DISH:

Accompany a Méhari kaput with a full-bodied red wine. In summer lightly chilled at 7-10 degrees Celsius.

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