

SALAD WITH MILDLY HOT KEFIR DRESSING



Salad Ingredients:

- 3-4 tbsp thick homemade kefir
- 5 quail's eggs
- lamb's lettuce
- 5-7 radishes
- chive
- salt
- freshly ground black pepper
- balsamic vinegar
- freshly ground chilli (or: 2-3 drops chilli oil)

Salad with kefir preparation

In a bowl, mix minced chive, freshly ground chilli and salt. Hard boil the quail's eggs (boil them at least 5 minutes), then peel and slice them. Wash the radishes and cut them into thin rings. Dress the salad, mix and serve.

See more kefir recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



[Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](#)



Mandoline Slicer

[Buy on Kefirko.com](http://Kefirko.com)



[Sea Salt](#)

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