



SPRING SALAD WITH YOGURT DRESSING AND EGGS

TIME: 20 MIN

SERVES: 4

Salatschwester | Your Salad Bestie 

INGREDIENTS

DRESSING:

- 200 g (7 oz) yogurt
- 2 tbsp lemon juice
- ½ tsp salt
- 1 tbsp chopped chives (fresh or dried)
- Pepper to taste

SPRING SALAD:

- 2 to 3 boiled eggs
- 300 g (10.5 oz) kohlrabi (cabbage turnip)
- 1 cucumber
- 250 g (9 oz) carrots
- 1 bunch radishes
- 2 tbsp fresh herbs (e.g., parsley, cress, chives, or your choice)

DIRECTIONS

SALAD DRESSING:

Mix the yogurt, lemon juice, and chopped chives together. Season with salt and pepper to taste. Store in the fridge until ready to use.

Spring Salad:

1. Boil the eggs and let them cool. Peel and cut them in half or quarters.
2. Tip: I boil medium-sized eggs for about 8 minutes.
3. Peel the kohlrabi and carrots, then cut them into thin sticks or cubes.
4. Peel the cucumber and slice it into sticks.
5. Wash and trim the radishes, then dice or slice them into small sticks.
6. Wash the fresh herbs, pat them dry, and finely chop them.

Assembling the Salad:

1. Arrange the vegetables in a large bowl. You can either place them separately or mix them together.
2. Drizzle the yogurt dressing over the salad just before serving and add the boiled eggs on top. For extra flavor, sprinkle with chopped herbs and freshly ground black pepper. Enjoy!

Notes

- You can prepare the spring salad in advance, but for the best taste and freshness, add the boiled eggs and yogurt dressing just before serving.
- For a vegan version, use soy yogurt or plant-based skyr with a splash of oat milk for the dressing. Simply omit the boiled eggs.
- If you're using organic vegetables, you can skip peeling them (except for the kohlrabi). Just make sure to clean and wash them thoroughly before preparing the salad.