

Ingrediënten en Recept



Kitchen Lovers - Recipes and Tips

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INGREDIENTS

1 ripe pineapple
2 green apples
200 g chopped hearts of palm
½ cup chopped Brazil nuts
1 cup mayonnaise
1 cup cream
lettuce
grated carrot

PREPARATION

Chop the pineapple, peel the apples and cut them into pieces.
In a bowl, mix all the ingredients well and serve on lettuce leaves.
Garnish with grated carrot.



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Info Martine Lycke 29/04/2021

Recept gemaakt met de helft van de hoeveelheden

In grote kom

½ cup opgeklopte room

½ cup mayonaise

½ in blokjes gesneden verse ananas

1 Granny Smith appel

¼ cup braziënoten

Artisjokharten ipv palmharten

Errond sla en geraspte wortelen

Samen met gerookte zalm en roze garnalen

Met stokbrood

Fotos

