

OIL-FREE SALAD DRESSING



Ingredients (for one dressing)

- 100 g plain yoghurt
- 1 tbsp whole-grain mustard
- Parsley
- Chives
- Basil
- 1 clove of garlic
- 1 shallot
- 1 dl white balsamic vinegar
- 1 dl cold poultry stock
- Salt and pepper

Preparation:

Finely mince the garlic and shallot and reserve.

Blend the yoghurt, mustard, garlic and shallot in a bowl and reserve. Mince the aromatic herbs and add, then stir the mixture again. Dilute the dressing with the vinegar and poultry stock according to the desired consistency. Season with salt and pepper.

Pour over the salad.

