

CHERRY TOMATO, SPINACH & YOGURT

By Chef Paola Garduño



INGREDIENTS:

Dressing:

- 300 gr tahini
- 600 gr greek yoghurt
- 50 gr cumin
- 50 gr lime
- 50 ml water
- 10 gr sea salt

Vinaigrette:

- 20 gr garlic
- 500 ml lime juice
- 500 ml olive oil

FOR MONTAGE & PLATING:

- 300 gr jicama tortillas
- 100 gr baby spinach
- 250 gr red cherry tomatoes
- 250 gr yellow cherry tomatoes
- 100 gr radicchio leafs
- 100 gr sunflower seeds
- 100 gr linseed

PREPARATION:

- Dressing:

1. Blanch the tahini with a little lemon and water, until you achieve the desired color.
2. Blend with previously roasted cumin and yogurt in a frying pan.

- Vinaigrette:

1. Infuse the garlic in a pan with a third of the olive oil at a medium temperature not letting the oil burn. Then remove from heat and let cool for 15 minutes.
2. Strain the garlic and add the remaining oil, emulsify with lemon season it.

- Montage & Plating:

1. Assemble the cherry tomato, radicchio and spinach seasoned with the vinaigrette inside the jicama tortilla and add a little of the yogurt dressing on top.
2. Decorate with a bit of sprouts.

Makes: 10 servings