



rucola salad with sheep cheese in sunflower seeds

A recipe by petra: www.cookseasonal.com/recipe/229

Preparation

1. Cut the sheep cheese into 4 parts (of same size). In a mortar, lightly pound the sunflower seeds, and whisk the eggs. Season the cheese to taste with pepper and salt, then dip into first the flour, then the whipped eggs, and last into the sunflower seeds. Slightly press on the sunflower seeds (with the palm of your hand).
2. Clean and wash the rucola. Wash the tomatoes and cut them into halves. Make a vinaigrette dressing from the oil, vinegar, salt, sugar and pepper.
3. Heat the oil in a frying pan. Meanwhile, peel the garlic clove and cut it into halve. Add the garlic clove to the pan, and leave to fry until light brown, then remove.
4. Add the cheese to the pan and fry on each side (at medium heat) for approx. 2 minutes.
5. Sprinkle the rucola and tomatoes with the vinaigrette. Place the sheep cheese on top and garnish with some rucola leaves.

Serve immediately, while still hot.

Ingredients

- **sheep cheese:** 400 gram
- **sunflower seeds:** 100 gram (peeled)
- **eggs:** 2
- **flour (all-purpose):** 1 handful
- **garlic:** 1 clove
- **olive oil:** 2 tablespoon
- **rucola / rocket:** 250 gram
- **cherry tomatoes:** 250 gram
- **olive oil (extra vergine):** 80 ml
- **aceto balsamico:** 30 ml
- **salt:** 1 pinch
- **pepper:** 1 pinch
- **sugar:** 1 pinch

Timing

- **Preparation time:** 10 minutes
- **Waiting time:** minutes
- **Cooking time:** 5 minutes