



WHATSheATE



Purslane, Meyer Lemon, and Pear Salad with Kaffir Lime Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon chervil fresh minced
- ☐ 0.8 cup chicken stock see
- ☐ 1.5 teaspoons cornstarch dissolved in 1 teaspoon water
- ☐ 1 small chilies dried () (preferably Thai)
- ☐ 6 servings fleur del sel to taste
- ☐ 1 teaspoon parsley fresh minced
- ☐ 6 servings jasmine rice

- ☐ 6 leaves kaffir lime leaves fresh (2- by 1 1/4-inch)
- ☐ 1 optional: lemon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 stalk lemon grass fresh end trimmed
- ☐ 1 lemon zest
- ☐ 1.5 tablespoons olive oil
- ☐ 1 teaspoon oregano fresh minced
- ☐ 6 small pears ()
- ☐ 6 radishes trimmed
- ☐ 0.8 pound frangelico
- ☐ 0.8 pound frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve

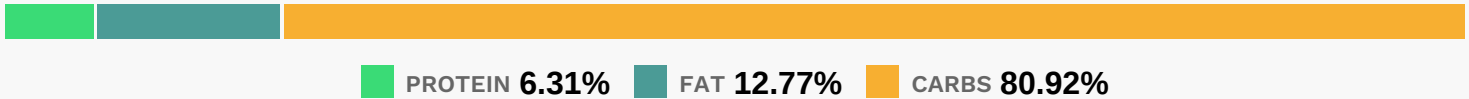
Directions

- ☐ Cut peel, including white pith, from lemon with a small sharp knife. Working over a bowl to catch juices, cut lemon segments free from membranes, letting segments drop into bowl.
- ☐ Crush lemongrass stalk with side of a heavy knife (to release oils), then thinly slice. Bring stock, lemongrass, and chile to a boil in a 1- to 1 1/2-quart heavy saucepan. Cover pan and remove from heat, then let stand 20 minutes.
- ☐ Return to a boil and add lemon segments with juice and lime leaves. Cover pan and remove from heat, then let stand 20 minutes more.
- ☐ Pour mixture through a fine-mesh sieve into a small bowl, discarding solids, then return to saucepan and whisk in oil. Bring vinaigrette to a boil and whisk in cornstarch mixture, then

simmer, whisking occasionally, 2 minutes. Cool completely.

- ☐ Whisk in herbs and salt and pepper to taste.
- ☐ Using slicer, cut Meyer lemon (with skin) crosswise, pears lengthwise (discarding cores), and radishes lengthwise into very thin slices (about 1/16 inch thick) and transfer to a large bowl.
- ☐ Add purslane, oil, lemon juice, and fleur de sel and pepper to taste and toss gently.
- ☐ Divide salad among 6 plates and spoon vinaigrette over and around each.
- ☐ Serve salads with jasmine crackers on the side.
- ☐ ·Vinaigrette (without herbs) can be made 1 day ahead and chilled, covered. Bring to room temperature, then whisk in herbs just before serving.

Nutrition Facts



Properties

Glycemic Index:36.32, Glycemic Load:29.05, Inflammation Score:-5, Nutrition Score:8.764782646428%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 4mg, Eriodictyol: 4mg, Eriodictyol: 4mg, Eriodictyol: 4mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 309.5kcal (15.47%), Fat: 4.51g (6.94%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 64.36g (21.45%), Net Carbohydrates: 58.42g (21.24%), Sugar: 15.6g (17.33%), Cholesterol: 0.9mg (0.3%), Sodium: 242.87mg (10.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Manganese: 0.73mg (36.45%), Fiber: 5.94g (23.75%), Vitamin C: 17.74mg (21.5%), Copper: 0.26mg (12.87%), Selenium: 7.91µg (11.3%), Vitamin K: 11.21µg (10.68%),

Potassium: 317.85mg (9.08%), Phosphorus: 85.97mg (8.6%), Vitamin B6: 0.16mg (8.08%), Vitamin B3: 1.53mg (7.65%), Magnesium: 27.59mg (6.9%), Iron: 1.18mg (6.58%), Vitamin B5: 0.59mg (5.89%), Vitamin B2: 0.1mg (5.79%), Vitamin E: 0.84mg (5.57%), Folate: 21.82µg (5.45%), Zinc: 0.78mg (5.22%), Vitamin B1: 0.07mg (4.74%), Calcium: 40.37mg (4.04%), Vitamin A: 72.6IU (1.45%)