

# Lor Peynirli Salata

Healthy Turkish cottage cheese salad with fresh greens and grapefruit. Quick 15-minute vegetarian recipe featuring protein-rich quark cheese.

15 min

HAZIRLIK

15 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Lor Peynirli Salata

## Malzemeler

- 1 lettuce
- 150 g quark cheese
- 2 cucumber
- 1 capia pepper
- 1 carrot
- 4 radish
- 1 red onion
- 6 sprig parsley
- 0.5 cup olive oil
- 0.5 tbsp salt
- 8 walnut
- 2 grapefruit

## Yapılış

- Prepare the lettuce**

Wash the lettuce leaves under cold running water and pat completely dry with paper towels or use a salad spinner. Tear the leaves into bite-sized pieces and place in a large serving bowl.
- Prepare the grapefruit**

Cut away the peel and white pith from 1 grapefruit using a sharp knife. Hold the grapefruit over a bowl and cut between the membranes to release clean segments, catching any juice. Remove any seeds and set segments aside.
- Toast the walnuts**

Roughly chop the walnuts into bite-sized pieces. Heat a dry skillet over medium heat and toast the walnuts for 2-3 minutes, stirring frequently, until fragrant and lightly golden. Remove from heat and let cool completely.
- Prepare the cheese**

Break 150g of quark cheese into small, irregular chunks using your hands or a fork. Let the cheese come to room temperature for easier mixing, about 10 minutes.
- Make the dressing**

Strip the leaves from 6 sprigs of fresh herbs and roughly chop them. In a small bowl, whisk together 1/2 cup of walnut oil, 1/2 tablespoon

of vinegar or lemon juice, and season with salt and pepper to taste.

#### 6 **Assemble the salad**

Add the room temperature quark cheese chunks to the lettuce leaves. Drizzle with the walnut oil dressing and toss gently with your hands or salad tongs until the leaves are lightly coated.

7 Top the salad with the grapefruit segments, toasted walnuts, and chopped fresh herbs. Serve immediately on chilled plates for best texture and flavor.

## ?puçlar?

Use the freshest lettuce possible and wash it thoroughly, then dry completely using a salad spinner to prevent the dressing from becoming watery.

Toast the walnuts lightly in a dry pan for 2-3 minutes to enhance their flavor and add extra crunch to the salad.

When segmenting the grapefruit, remove as much of the white pith as possible to reduce bitterness and ensure a sweeter taste.

Let the quark cheese come to room temperature before mixing to make it easier to combine with other ingredients and achieve a smoother texture.

Add the grapefruit segments just before serving to prevent them from releasing too much juice and making the salad soggy.

For extra flavor, try adding fresh herbs like mint, dill, or parsley to complement the creamy cheese and citrus notes.

If you can't find quark cheese, drain regular cottage cheese in a fine-mesh strainer for 30 minutes to achieve a similar consistency.

Chill the salad plates in the refrigerator for 10 minutes before serving to keep the salad cool and refreshing longer.