

Grilled Romaine lettuce with a lactose-free dressing



Ingredients

- 400 g Pur Natur lactose-free yoghurt
- 4 heads Romaine lettuce (not too big)
- 4 tbsp mayonnaise
- 1 clove garlic
- a few leaves of lovage
- 2 tbsp white balsamic vinegar
- 100 g cashew nuts
- 2 tbsp honey
- 1 sprig thyme
- freshly ground pepper
- finely ground sea salt
- several tbsp olive oil

Instructions

Crush the garlic and blend into the yoghurt and mayonnaise. Mince and stir in the lovage. Finish with the balsamic vinegar, salt and pepper. Chop the nuts and toast at medium heat, along with the thyme. Stir in the honey and allow to caramelize. Set aside. Rinse the Romaine lettuce and cut into quarters, lengthwise. Sprinkle the lettuce with olive oil and grill in the pan. Sprinkle the nuts onto the lettuce. Serve with the dressing.