



Organic Greens Salad with Quail Egg

A recipe from The Humber Room

Ingredients

2 quail eggs
1 tsp of oil (for frying)

Serves 2

For the salad

1 cup organic salad greens, loosely packed
¼ English cucumber, julienned
½ bell pepper, julienned
½ medium Bermuda onion, julienned
½ Roma tomato, diced
2 tsp pumpkin seeds

For the Vinaigrette

1 tsp white truffle oil
1 tsp balsamic vinegar
3 tsp olive oil

Directions

1. Combine your organic greens with julienned cucumbers, bell peppers, bermuda onions and diced tomatoes.
2. To prepare the vinaigrette, blend balsamic vinegar with the white truffle oil. Once the emulsion starts, add a slow stream of olive oil.
3. Toss the salad with the vinaigrette.
4. Fry your quail egg sunny-side up in a hot non-stick pan with oil until egg whites are golden brown and crisp at the edges.
5. Plate your quail egg on top your salad.