



# Quick Red and White Herring Salad

🕒 20–30 Min   

## Preparation

- 1 First peel and finely dice the onion. Also dice the beet, boiled eggs and the pickles.
- 2 Then allow the herring fillets to drain off and cut into bite-sized pieces. Combine with the other ingredients in a bowl.
- 3 Now combine the sour cream with the natural yogurt and a dash of white wine vinegar and add to the bowl.
- 4 Next wash, peel and dice the apple. Quickly mix the apple in with the salad so that the pieces of apple do not go brown.
- 5 Once ready, season the salad with salt, pepper, Kotányi Parsley and Dill Fronds and chill.
- 6 Serve with a fresh baguette or toast.

**HINT:** If you like to play with color, you can add variety by leaving the beet out and conjuring up a traditional white herring salad.

## Ingredients 4 Portions

♦ = Kotányi Produkte

4 pcs.	Fish fillets such as herring (drained net weight 275 g)
1 pcs.	Apple
4 pcs.	Eggs, hard-boiled
200 g	Beet, boiled
1 pcs.	Onion, white
3 pcs.	Pickles
1 tsp.	White wine vinegar
4 tbsp.	Sour cream
3 tbsp.	Natural yogurt
1 tbsp.	♦ Dill Fronds, Chopped
1 tbsp.	♦ Parsley, Chopped
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Rainbow, Whole

