



Serves 2



## Pineapple Turmeric Kraut

Seared Atlantic Salmon with Pineapple Turmeric Kraut  
& Herbed Yoghurt potatoes

### Method

- 1) Panfry seasoned chicken breast until skin is golden in colour
- 2) Place breast in the oven for 12-15 minutes at 200C, once cooked allow to rest for 4-5 minutes
- 3) Take the 120-160 grams of the Ruby Beet Kraut and place in a bowl.
- 4) Finely slice the apple into matchsticks or thin slices, add to the bowl
- 5) Add the slivered almonds
- 6) Add the wild rocket
- 7) Drizzle the EVOO
- 8) Squeeze a wedge of lime juice over the salad
- 9) Add 10 ml of the Ruby Beet Kraut juice to the salad mix
- 10) Season with Cracked pepper and sea salt to taste
- 11) Slice the chicken breast in half, pour any pan juices over the salad and plate
- 12) Mix the salad well and plate next to the chicken, drizzle the salad with the remaining dressing

### Ingredients

- 1) Jar of Happy Gut Co - Ruby Beet Kraut
- 2) One large chicken breast or two small breast
- 3) 1 red apple (Gala / Fuji)
- 4) 30 grams slivered almonds
- 5) 20 grams dried cranberry
- 6) 100 grams fresh / washed wild rocket
- 7) 1 lime
- 8) Extra virgin olive oil
- 9) Sea salt flakes
- 10) Cracked black pepper