

Pear, Walnut and Parmesan Salad

Ingredients

1 pkt rocket (or mixed) leaves
1/2 small lettuce, washed, dried
1/3 cup parmesan, shaved
½ cup walnuts, chopped
2 tbsp fresh chives, chopped
1 ripe pear, sliced

Dressing:

2 tbsp olive oil
1 tbsp apple cider vinegar (or seeded mustard)
Salt & ground black pepper (or 1 tsp minced garlic), to taste



Method

1. Place the rocket, lettuce, Parmesan, walnuts and chives in a large bowl.
2. Thinly slice pear using a vegetable peeler (leave skin on for extra fibre), or slice thinly with a knife. Add to salad.
3. To make the dressing, place olive oil and vinegar (or seeded mustard) in a small bowl. Add pinch of salt and pepper (or garlic). Whisk to combine.
4. Add dressing to the salad and toss all ingredients well to combine. Serve and enjoy.