

Pear & Blue Cheese Salad



SALAD INGREDIENTS

Makes about 2 servings as a generous side salad with your next braai (BBQ)

Start with a bed of **arugula** / lettuce / watercress.

Layer chunks of **avocado** and sliced **pears**

Crumble blue cheese over the salad

Top with **toasted walnuts & sunflower seeds**

Lastly top with **fried leeks** (cut length wise) or green onions.

Serve salad dressing on the side so it doesn't get soggy

DRESSING

1 tbsp whole grain Dijon mustard

1 tbsp honey

3 tbsp (45ml) red wine vinegar

3 tbsp (45ml) cherry or berry vinegar (or more red wine vinegar if that's what you have)

1/2 cup (120ml) olive oil

1/2 cup (120ml) sunflower oil (or olive oil)

Salt & pepper to taste

Shake well to combine.

This makes extra dressing that will last a few days in the fridge.

