

PEAR, CURED HAM & WALNUT SALAD



Serves: 2
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
466 kcal
35g Fats
16g Carbs
22g Protein



WHAT YOU NEED

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- ¼ cup (30g) walnuts, chopped

Dressing:

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

WHAT YOU NEED TO DO

Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.

