



PEAR, BLUE CHEESE & WALNUT SALAD

INGREDIENTS:

- 120g blue cheese (I used gorgonzola)
- 40g walnuts
- 2 pears
- 2 heads of chicory
- 1 tbsp olive oil
- 3 tbsp red wine vinegar
- 1 tsp dijon mustard
- 1 slice of bread

INSTRUCTIONS:

- to make croutons, remove the crust from the bread and cut into cubes, place in the airfryer with a spray of oil and cook on 200c for 6-8 minutes.
- remove the root from the chicory and break the leaves apart, arrange across 2 bowls.
- dice up the pear and gorgonzola and arrange over the top of the chicory
- break the walnuts up into quarters and sprinkle over the top of the salad to make the dressing, add the oil, vinegar and mustard to a empty clean jam jar, season with salt and pepper and shake well (with the lid on)when ready to serve sprinkle the croutons over the salad and drizzle with the dressing.

535 cals P20g C26g F41g