



Pear, Cured Ham & Walnut Salad

Serves 2

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

1. 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.
2. Add the cubed cheese and the ham. Finally, top with nuts.
3. Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.

GF LC HP Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	466	35	16	22

*Nutrition per serving

