



Watercress, Apple & Blue Cheese Salad

Prep Time: 15 minutes | Serves: 2-4 people

INGREDIENTS:

Salad:

- 4 cups Watercress leaves, washed and spun
- 1 granny smith green apple, thinly shaved
- 150 grams soft blue cheese, crumbled
- 1/2 cup crushed walnuts, optional to dry toast walnuts

Dressing:

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon wholegrain mustard
- 1 teaspoon honey
- 1 teaspoon salt
- 1/4 teaspoon cracked black pepper

METHOD:

1. Place watercress, apple, blue cheese and walnuts in a bowl.
2. I like to add dressing ingredients in a clean small jar and shake first before drizzling over salad.
3. Dress and serve.

TIPS/SUBSTITUTIONS:

- *Other ingredients that can be added to this salad could be; orange segments, radicchio, shaved pear, mint leaves.*
- *To make ahead of time shop and place ingredients in a bowl and cover with cling wrap and into the fridge.
Measure dressing in jar and set aside.*