

Pear Parmesan Salad

80g (8 cups) baby spinach leaves
75g (5 cups) baby rocket leaves
1 large capsicum, cut into thin strips
2 ripe pears, quartered, core removed, thinly sliced
40g parmesan shavings
60g (½ cup) walnut pieces, chopped

Mustard dressing

2 tablespoons white wine vinegar
1½ tablespoons freshly squeezed lemon juice
1 tablespoon extra virgin olive oil
1½ teaspoons wholegrain mustard or gluten-free mustard
1 teaspoon caster sugar
Freshly ground black pepper

Method

1. Put the spinach, rocket, capsicum and pear in a large serving bowl. Toss to combine.
2. Mustard dressing: Put the vinegar, lemon juice, oil, mustard and sugar in a small bowl. Season with pepper. Whisk to combine.
3. Top the salad with parmesan and walnuts. Drizzle dressing over to serve.