



Waldorf salad - Serves 4

Ingredients:

- 1 cup (100g) walnuts, chopped
- 2 tsp wholegrain mustard
- 100g goat's cheese, sliced
- 2 tbsp olive oil
- 2 tbsp white wine vinegar
- Handful mixed salad leaves
- 2 pears, chopped

Method:

1. Place the walnuts and mustard into a bowl and mix to coat
2. Place the goat's cheese into a frying pan over a medium heat and cook for one minute on each side. Remove from the pan and set aside
3. Place the olive oil and vinegar in a bowl and mix well
4. Add the salad leaves, pears and walnuts and toss well to coat
5. To serve, transfer the salad to a bowl and top with the pan-fried goat's cheese

Alternatives:

- Use mozzarella, haloumi or feta cheese instead of the goat's cheese
- Use apples instead of pears
- Use balsamic vinegar or lemon juice instead of the white wine vinegar

Did you know ?

Walnuts contain omega -3 fats which can help keep our hearts healthy.

If you are vegetarian, try and eat nuts rich in omega-3, especially if you don't eat fish.

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