



SFG
RECIPE



Sweet pear, peppery rocket and crunchy toasted walnuts come together with creamy Green Vie Blue in this vibrant plant-based salad. Finished with a punchy mustard-agave dressing, it's a quick and elegant plate that hits every note.

Ingredients:

- 2 handfuls rocket
- 1 ripe pear, thinly sliced
- 30–50g Green Vie Blue, crumbled
- Small handful walnuts
- 1 tsp wholegrain mustard
- 1 tsp agave syrup
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil
- Salt and black pepper, to taste

Method:

- Toast the walnuts in a dry pan until fragrant, then set aside to cool.
- Whisk mustard, agave, vinegar, olive oil, salt and pepper to make the dressing.
- Layer rocket, pear slices and crumbled Green Vie Blue on a serving plate.
- Scatter with toasted walnuts and drizzle over the dressing just before serving.

Serving Suggestion:

Perfect as a light lunch, elegant starter, or side dish to a simple pasta or grain bowl. Serve with crusty bread to make it a meal.