



Apple and passionfruit salad

Ingredients

- 1 Apple, cored and thinly sliced. (Do last and keep in cold water with a splash of lemon juice)
- 1 lettuce, washed and sliced
- 1 cup rocket, washed
- 2 stalks celery, washed and thinly sliced
- 5 Brussel sprouts, cut in half and pan fried
- 1 Tbls olive oil
- 1 Tbls chopped parsley.
- 1 cup fresh ricotta (homemade) if available

Dressing

- 2 Passionfruit (1/2 cup passionfruit pulp)
- 2 Tbls white wine vinegar
- ¼ cup olive oil
- 1 Tbls honey
- Freshly ground salt and pepper (or ground white pepper)

Method

Prepare the salad ingredients; wash, spin dry and slice.

Cut the apple into quarters and slice each quarter into at least 6 slices. Keep the slices in a small bowl of cold water with a splash of lemon juice.

Add 1 tablespoon of olive oil in a frypan and warm over medium heat, cook the Brussel sprouts for a few minutes on each side. Until they start to turn golden in colour.

Allow to cool. Mix the salad in a large bowl.

Cook the passionfruit pulp in a small pot until it boils and then allow to cool

Stop to clean down and then make the dressing:

Blend all the dressing ingredients in the blender until seeds are blitzed.

Dress the salad and put into a serving bowl. Add a sprinkle of Parsley on top.