



Nashi Pear and Rocket Salad with balsamic dressing

Ingredients:

- 2 Nashi Pears, sliced
- 2 cups of rocket
- 1 small cucumber, sliced
- 80 g shaved parmesan
- 1 ear of corn, cooked and sliced off the cob
- Lettuce leaves, cut (if left over from the other recipe)

*Beet leaves can be used as well as rocket, or sweet potato tips

Balsamic vinaigrette Dressing:

- ¼ cup balsamic vinegar
- 1 tsp maple syrup
- 1 lemon juiced
- ¾ cup of olive oil
- 1 tsp salt

Method

1. Wash, dry and slice salad items, slicing carefully the nashi pear, skin on.
2. Peel the corn husk and heat a grill on the stove and char each side of the corn. If you don't have a grill you can boil the corn for 5 mins and then cool.
3. cut the kernels off the cob with the help of your volunteer
4. Mix all of the salad ingredients in a large bowl and make the dressing:
5. Put all dressing ingredients into a small jar and shake until it is combined. Pour a little dressing onto the salad and stir. Add a little more if you need it.
6. Add a little pepper if you like.
7. Put the salad into a serving bowl and decorate with the corn kernels.
8. Shave the cheese and scatter on top.
9. Any left over dressing can be kept to use on other dishes.