

ROCKET, PEAR & PARMESAN SALAD

- lettuce mix (rocket, cos etc.)
- 5 pears
- 2 lemons
- ½ cup sunflower seeds
- 1 cup shaved parmesan
- 1/3 cup balsamic vinegar
- ½ cup olive oil
- salt & pepper
- 1 tsp honey

1. Very finely slice pears leaving the skin on.
2. Squeeze juice of 2 lemons. Add 1 teaspoon honey to lemon juice.
3. Drizzle pears with lemon and honey mix.
4. Wash lettuce and gently tear leaves to smaller pieces.
5. Place sunflower seeds in a small frying pan over low heat and cook for 1-2 minutes or until golden. Set aside to cool slightly.
6. Combine the olive oil and vinegar. Season with salt and cracked black pepper and whisk until well combined.
7. Using the side of the grater, shave the parmesan cheese.
8. To serve, combine the lettuce mix, pear, sunflower seeds and dressing in a large bowl and gently toss to combine. Transfer to a serving bowl and top with shaved parmesan.

