

Nectarine and avo green salad with tangy rosemary dressing

TRY THIS !! The dressing was adapted from a dressing I found in Babel... The sweet firm peaches with the salty Pecorino cheese and then that tangy "pull your cheeks dressing" is a match made in heaven...



Ingredients:

1 large bag of mixed baby green salad leaves (any kind)
 1 x punnet of mange tout - blanched and refreshed
 1 x punnet of baby broccoli - blanched and refreshed
 1 x avo in slices
 4 - 5 sweet and soft but firm nectarines or white flesh peaches
 2 x tablespoons finely grated Pecorino cheese (or parmesan if you cannot find Pecorino)

For the dressing:

2 X Peeled and cubed pears, sprig of rosemary
 125ml white balsamic vinegar, juice of half a lemon
 125ml olive oil, 10 ml honey and 5 ml smooth mustard

METHOD:

Start by making the dressing: Simmer 2 peeled and cubed pears, a sprig of rosemary and 125ml balsamic vinegar until the pears are soft... Let it cool, remove the rosemary and liquidise the pears and vinegar with the juice of half a lemon, 125ml olive oil, 10 ml honey and 5ml smooth english mustard...

For the Salad:

Blanch (cover with boiling water and rest) the baby broccoli in boiling water for 3 minutes and rinse immediately under cold water to retain the bright green colour, blanch the mange tout for 2 minutes as rinse to cool as well.

Layer the salad, I prefer to use a flat platter...

Mixed baby greens, mange tout, baby broccoli, and just before serving add, avo slices nectarine or white peach slices... Top with the dressing, and a hand full of finely grated pecorino...

The AVO, sweet nectarine, slightly salty pecorino and tangy yummy dressing will pop in your mouth...



RECIPES



from the kitchen of the princess and
 the wannabee weather girl...

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