

Blueberry, Pear & Ricotta Salad

The fresh flavours of this salad are perfect for warm summer days as a starter, light lunch or an accompaniment to grilled chicken or fish.

Serves: 4 | Preparation time: 15 minutes | Cooking time: 6 minutes

Ingredients:

2 small pieces wholemeal sorj ½ teaspoon finely grated lemon rind
olive oil spray 100g mixed salad leaves
freshly ground pepper, to taste 125g punnet fresh blueberries
1 ½ tablespoons olive oil 1 pear, thinly sliced
¼ cup walnut halves, chopped ¼ red onion, thinly sliced
1 clove garlic, finely chopped ¼ cup basil leaves, roughly chopped
1 ½ tablespoons lemon juice 200g fresh ricotta, crumbed

Method:

1. Pre-heat oven to 180°C.
2. Spray bread with olive oil spray and sprinkle with pepper. Cut into wedges and place on a lined oven tray. Bake for 4-6 minutes, or until golden and crisp.
3. Heat oil in a frying pan over medium heat. Add walnuts and garlic, cook for 2-3 minutes until walnuts are lightly golden. Remove from heat. Add lemon juice, rind and pepper, mixing well.
4. Place salad leaves, blueberries, pear, onion, basil and ricotta into a large mixing bowl. Pour over dressing and gently mix.
5. Serve salad accompanied with crisp pieces of bread.

