



Green salad with dried figs and blue cheese

15'
Hands on

2-4
Portion(s)

1
Difficulty



Method

For the salad

- Cut the green apple and pear into small cubes and place in a bowl.
- Add the balsamic cream and mix.
- Cut the dried figs into large pieces and add to the bowl.
- Add the olive oil, dakos cut into pieces, pepper and salt. Toss.
- Add the green salad and blue cheese cut into pieces. Mix thoroughly.

For serving

- Place a pan over high heat and let it get hot.
- Add the cumin seeds, coriander seeds and walnuts. Mix.
- Add the balsamic cream and allow the walnuts to caramelize for 2-3 minutes.
- When ready, remove from heat and allow to cool.
- Add the caramelized walnuts to the salad and serve.

Ingredients

For the salad

- 1 Granny Smith apple
- 1 pear
- 2 tablespoon(s) balsamic cream, fig
- 100 g figs, dried
- 2 tablespoon(s) olive oil
- 50 g round barley rusk
- salt
- pepper
- 200 g green salad, mixed
- 250 g blue cheese

To serve

- 1 tablespoon(s) cumin, seeds
- 1 tablespoon(s) coriander, seeds
- 50 g walnuts
- 2 tablespoon(s) balsamic cream, fig

Διατροφικός πίνακας

Nutrition information per portion

537 Calories (kcal)	34.0 Total Fat (g)	14.0 Saturated Fat (g)	38.0 Total Carbs (g)
27%	49%	70%	15%
33.0 Sugars (g)	17.0 Protein (g)	5.5 Fibre (g)	2.1 Sodium (g)
37%	34%	22%	35%