



ROCKET, PEAR & PARMESAN SALAD



INGREDIENTS

SERVES

- 1 large bunch rocket leaves freshly harvested
- Parmesan cheese, shaved (use a grater)
- 1 Bosc pear, thinly sliced
- Juice of half a lemon
- 2 tbsp pepitas or pumpkin seeds
- 1 tbsp balsamic vinegar
- Olive oil
- Salt and pepper

EQUIPMENT

- Small frying pan
- Wooden spoon
- Plate
- Juicer
- Small mixing bowl
- Whisk
- Vegetable peeler or grater
- Large bowl
- Serving bowl or plate

INSTRUCTIONS

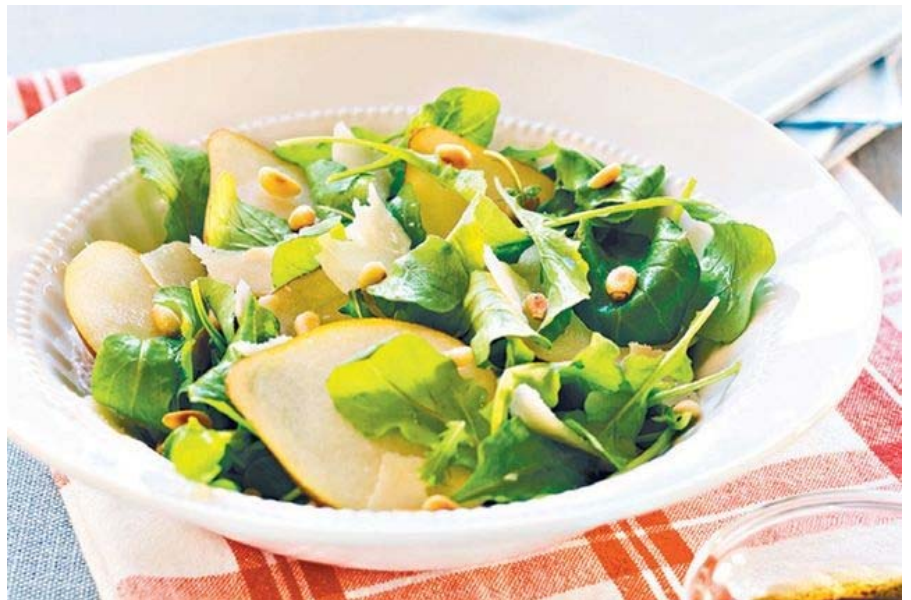
1. On a plate, drizzle the thinly sliced pears with a little lemon juice and set aside.
2. Place pepitas in a small frying pan over low heat and cook for 1-2 mins and set aside to cool.

FOR THE DRESSING

3. In a small bowl, whisk to combine the olive oil, vinegar, salt and black pepper, set aside.

TO SERVE

4. In a large bowl, combine the rocket, pear, pepitas and dressing and gently toss to combine.
5. Transfer to a serving bowl or plate and top with shaved parmesan.



FROM THE GARDEN

- Rocket, Lemon