

Blue Cheese & Citrus Salad

Servings: 3

Prep Time: 5min

Cook Time: 6min



Ingredients

- 2 red navels (Cara Cara/blood orange); peeled and sliced
- Handful of rocket leaves
- 1 punnet mangetout
- ½ cup walnuts
- 100 g blue cheese
- Extra virgin olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Directions

1. Preheat the oven to 180 °C.
2. Gently toast the walnuts for 5 min. or until slightly oily and deepened in flavour.
3. Allow cooling.
4. Blanch the mangetout in boiled water until electric green in colour, then immediately submerge in iced water to stop the cooking process. This helps to retain the lovely colour and crunchy texture.
5. To assemble the salad, combine the orange slices, rocket leaves, mangetout and walnuts.
6. Season, toss with olive oil and lemon juice and top the salad with crumbled blue cheese.
7. Serve.