

# Spinach, pear & blue cheese salad



## Spinach, pear & blue cheese salad

**Preparation:** about 10 minutes

**Cooking:** about 10 minutes

**Serves:** 4

1 tbs olive oil

1 tbs butter

2 firm Beurre Bosc pears, halved, cored and thickly sliced lengthways

1 tbs honey

1 tbs balsamic vinegar

Salt and ground black pepper

100g baby spinach leaves

150g soft blue cheese, roughly crumbled

1 small pomegranate, halved and seeds removed (optional)

1. Heat oil and butter in a large non-stick frying pan over medium heat until bubbling.
2. Add pears and cook, turning occasionally, for 3 minutes. Stir in honey and balsamic vinegar and cook, stirring occasionally, for 3–5 minutes or until pears are just tender. Season with salt and pepper to taste.
3. Arrange spinach and pears on serving plates. Sprinkle with blue cheese and pomegranate seeds (if using) and serve.



### Spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older.
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.
- Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3) and folate make it one of the most valuable vegetables.