

# Pear, baby endive, witlof & parmesan salad



## Pear, baby endive, witlof & parmesan salad

**Preparation:** about 25 mins **Serves:** 4

### Ingredients:

- 1 tsp olive oil
- 1/3 cup walnuts
- 75g baby endive leaves, trimmed
- 2 witlof, trimmed and finely sliced lengthways
- 2 medium Corella or Beurre Bosc pears, halved, cored and sliced lengthways
- 150g parmesan cheese, shaved
- 2 tbs walnut or extra virgin olive oil
- 1/4 cup lemon juice
- salt and ground black pepper

### Method:

1. Heat oil in a small frying pan over medium heat. Add walnuts and cook, stirring constantly, for 2 minutes or until golden. Set aside.
2. Combine walnuts, endive, witlof, pears and parmesan in a large bowl.
3. To make dressing, combine walnut or olive oil, lemon juice and salt and pepper to taste in a screw-top jar. Shake until well combined.
4. Drizzle dressing over salad and gently toss to combine and serve.



### Endive:

- Like many green leafy vegetables, endive is a very good source of folate. This vitamin from the B complex is important for the healthy of the body's nervous system.
- Excellent for vegetarians as it provides iron. We need iron for making red blood cells, which then carry oxygen to all body tissues.