

Warm pear salad with rocket & parmesan



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Serves: 4

Preparation: 15 minutes
(+ 15 minutes cooling time)

Cooking: 20–25 minutes



1/4 cup olive oil

4 (about 1 kg) firm Beurre Bosc
or Packham pears

2 tsp ground cumin

2 lemons, rind finely grated
and juiced

2 tsp whole grain mustard

2 tsp caster sugar

salt and ground black pepper

1 bunch rocket, trimmed

1 cup shaved Parmesan

1. Preheat oven to 200°C. Lightly brush a medium baking dish with 1 tsp oil to grease.
2. Peel, core and quarter pears lengthways. Combine 3 tsp oil, cumin and lemon rind in a large bowl. Add pears and toss them well to coat in mixture.
3. Place pears onto baking tray. Bake, turning occasionally, for 20–25 minutes or until pears are golden and just tender. Remove and set aside to cool for 15 minutes.
4. Meanwhile, combine remaining oil, 2 tbs lemon juice, mustard, sugar and salt and pepper to taste in a screw-top jar. Shake well to combine.
5. Arrange rocket, warm pears and shaved Parmesan onto serving plates, drizzle with lemon dressing and serve.

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