

# Fig, honeyed walnut & blue cheese salad



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Preparation 15 mins | Cooking 5 mins | Serves 4

- ¾ cup walnut pieces
- ¼ cup honey
- 2 tablespoons linseeds
- 125g mixed baby salad greens
- 6 plump figs, quartered
- 200g creamy blue cheese, crumbled

### Red wine vinegar dressing:

- 1½ tbs red wine vinegar
- ¼ cup extra virgin olive oil

**STEP 1** Line a baking tray with baking paper. Heat a small frying pan over medium heat. Add walnuts and cook, stirring often, for 2 minutes until lightly toasted. Add honey and linseeds. Season with salt and pepper and cook, stirring occasionally, for 3-4 minutes until honey is bubbling. Spread the walnut mixture onto the baking tray. Set aside to cool.

**STEP 2** Arrange salad greens on a serving platter. Top with figs and sprinkle with blue cheese. Roughly chop honeyed walnuts.

**STEP 3** To make the red wine dressing, combine all ingredients in a screw-top jar. Season with salt and pepper. Shake until well combined.

**STEP 4** Drizzle salad with the dressing and gently toss. Scatter with honeyed walnuts and serve.

### Good for you... FIGS

*Along with their rich succulent flavour, fresh figs provide fibre. The fibre is concentrated in the fig seeds and helps keep the digestive tract functioning normally. Provide vitamin C, which the body uses as one of its tools to fight infection. A source of potassium, which can help balance the effects of too much salt in the daily diet.*

