

Pear, rocket & prosciutto salad with goat's cheese toasts



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Preparation: about 15 minutes
Cooking: about 5 minutes
Serves: 4

This salad is great drizzled with caramelised balsamic vinegar.

½ cup walnuts, roughly chopped
2 firm Corella pears
75g rocket leaves
8 thin slices prosciutto
Salt and ground black pepper
extra virgin olive oil, for drizzling

Goat's cheese toasts

8 slices baguette bread
120g log goat's cheese
Olive oil cooking spray

1. Place walnuts in a small non-stick frying pan. Cook over medium heat, stirring often, for 2–3 minutes until toasted. Remove from heat.
2. Halve pears lengthways, core and thinly slice lengthways into thin wedges. Arrange pears, rocket and prosciutto on serving plates or a platter.
3. To make goat cheese toasts, preheat a grill on medium heat. Spread sliced baguette bread with goat's cheese. Spray with oil. Place on a grill tray and grill for 2–3 minutes until bread is crisp at the edges. Drizzle salad with extra virgin olive oil and serve with goat cheese toasts.



Pears

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice. Pears are also a natural source of sorbitol, which helps keep the body regular.
- Provide vitamin C, an important vitamin for healthy gums and blood vessels.
- A fruit with a low GI, which means it releases its natural sugars slowly.
- A source of vitamin E. Among its many functions, vitamin E helps keep the membranes around cells in a healthy condition.