

Plum, watercress, prosciutto & goat cheese salad



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Preparation: about 20 minutes
Cooking: about 10 minutes
Serves: 4

12 thin slices prosciutto
1/3 cup walnuts, chopped
3 firm ripe plums, thinly sliced
2 cups watercress sprigs (about 1/2 bunch)
100g soft goat's cheese, roughly crumbled

Dressing

1 tbs white or caramelised balsamic vinegar
1/4 cup extra virgin olive oil
Salt and ground black pepper

1. Preheat a grill on medium-high. Place prosciutto in a single layer on a grill tray. Grill for 1–2 minutes on each side until crisp. Drain on paper towel. Break into large pieces. Toast walnuts in a small non-stick frying pan over medium heat for 2–3 minutes until golden.
2. Arrange plums, watercress and prosciutto on serving plates. Sprinkle with walnuts and goat's cheese.
3. To make dressing, combine ingredients in a screw-top jar. Shake until well combined. Drizzle dressing over salad and serve.



Watercress

- One of the most nutritious of all vegetables, watercress is rich in iron (needed for red blood cells), dietary fibre (for a healthy intestine), potassium (helps balance sodium from salt) and provides calcium (important for bones).
- Few foods are as rich in folate as watercress. Folate is a B group vitamin that is especially important in the early stages of pregnancy but plays a role in heart health throughout life.
- Rich in vitamin C (100g provides over two day's supply) and several of the carotenoids, including some that are important for eye health and also beta carotene (which the body converts to vitamin A).