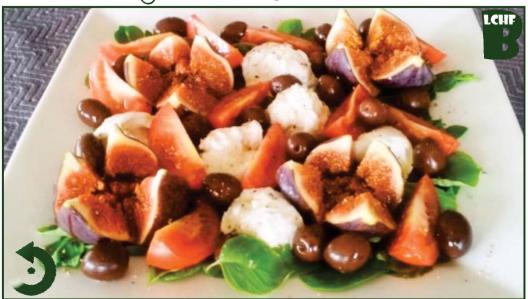


Fig & Mozzarella Salad with Honey Dressing



Servings: 20 mins Total Time:

INGREDIENTS

For the Salad

watercress)

60g mixed lettuce

2 Italian plum tomatoes

For the Honey Dressing

3 Tbsp lemon juice

100g black Calamata olives

6 Tbsp extra virgin olive oil

METHOD

For the Salad

Spread the lettuce over a flat serving plate. Cut a cross into the figs to about ½cm from the bottom. Squeeze the base of the fig to expose the inside and lay the figs evenly over the lettuce.

Tear the Mozzarella into largish pieces and lay between the figs.

Slice each tomato into 6 wedges and lay the slices in any gaps in the salad.

Sprinkle the olives evenly over the salad.

For the Honey Dressing

Add the olive oil, lemon juice, honey & freshly ground salt & black pepper to a jar. Close the lid & shake well.

Just before serving, drizzle half the dressing over the salad and serve the rest of the dressing in a jug on the side.



Add 100-150g Parma ham or prosciutto twirls between the figs before adding the LCHF Use stevia - not honey. Depending Mozzarella, tomatoes & olives and serve as a starter or lunch for 4 people.

1 Tbsp honey or 1/4-1/2 tsp stevia powder

freshly ground salt & black pepper

(baby spinach, basil, rocket and/or

1 buffalo Mozzarella ball (about 140g)

4 figs (about 250g), stems removed



on the make, the quantity of stevia may need adjusting - so taste!