



Fig & Mozzarella Salad with Honey Dressing



LCHF
B

Servings: 4
Total Time: 20 mins



INGREDIENTS

For the Salad

60g mixed lettuce
(baby spinach, basil, rocket and/or watercress)
4 figs (about 250g), stems removed
1 buffalo Mozzarella ball (about 140g)
2 Italian plum tomatoes
100g black Calamata olives



For the Honey Dressing

6 Tbsp extra virgin olive oil
3 Tbsp lemon juice
1 Tbsp honey or ¼-½ tsp stevia powder
freshly ground salt & black pepper

VARIATIONS

Add 100-150g Parma ham or prosciutto twirls between the figs before adding the Mozzarella, tomatoes & olives and serve as a starter or lunch for 4 people.

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.



Use stevia - not honey. Depending on the make, the quantity of stevia may need adjusting - so taste!

