



# Walnut & Avo Salad with Mustard Dressing



**Servings:** 4  
**Total Time:** 40 mins  
**Cooking Time:** 5 mins  
**Pre-heat Oven to** 160 °C



## METHOD

Spread the walnuts on an oven tray & bake in the pre-heated oven for 5 mins until lightly toasted. Cool and roughly chop.

## INGREDIENTS

### For the Salad

½ cup walnuts  
60 g mixed green lettuce  
½ onion, peeled & halved  
2 avocado pears  
1 Tbsp lemon juice

### For the Mustard Dressing

3 Tbsp extra virgin olive oil  
2 Tbsp lemon juice  
1 tsp wholegrain mustard  
freshly ground salt & black pepper



### For the Mustard Dressing

Add the olive oil, lemon juice & mustard to a jar. Season with salt & pepper, close the lid and shake to combine.

### For the Salad

Break up the lettuce into bite-size pieces & finely slice the onion. Place the lettuce & onion slices in a salad bowl and drizzle half the dressing over the top. Toss to combine. Slice the avocado pear, coat with lemon juice and place on top of the salad. Scatter the walnuts over the salad, drizzle over the remaining dressing & serve.

## VARIATIONS

- \* Add 2 sliced green apples in lemon juice
- \* Substitute the lettuce for baby rocket leaves (more peppery)
- \* Substitute the onion for a red onion (sweeter).

## SERVING SUGGESTIONS

As a lunch, season chicken fillets with chicken spice, pan-fry in olive oil, slice & place on top of the salad before dressing.

