

# Blue Stilton, Orange and Spinach Salad

CHEESE MAKES A  
**Difference**

to  
Summer  
Salads



BRITISH  
CHEESE  
BOARD





# Blue Stilton, Orange and Spinach Salad

THIS DELICIOUS SALAD IS PACKED WITH GOODNESS - CALCIUM IN THE CHEESE AND ALMONDS, WITH PLENTY OF VITAMIN C IN THE ORANGES AND SPINACH.

## INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 medium red onion, very finely sliced
- 2 large oranges
- 200g baby spinach
- 85g bag watercress
- 120g Blue Stilton cheese, cut into chunks
- 50g blanched almonds
- Salt and pepper

## METHOD

1. In a large salad bowl, mix together the olive oil and vinegar. Season with salt and black pepper. Add the red onion and stir well.
2. Using a serrated knife, peel the oranges, removing all the pith. Do this over the salad bowl so that you catch all the drops of orange juice. Segment the oranges with the knife to remove all the membrane, adding them to the bowl with the juice.
3. Put the spinach and watercress into the salad bowl. Toss together to coat in the dressing. Add the chunks of Blue Stilton cheese.
4. Toast the almonds, either under the grill or in a heavy-based frying pan, until they begin to brown lightly. Tip onto the salad whilst hot, then serve immediately.

## COOK'S TIPS

Shropshire Blue or White Cheshire would make good substitutes for the Blue Stilton used in this recipe. If you like, use a couple of bags of spinach and watercress salad, instead of buying them separately.

## NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

292kcal | 13.2g protein | 12.9g carbohydrate of which 11.5g sugars | 21g fat of which 8g saturates | 5.1g dietary fibre | 301mg sodium equivalent to 0.8g salt | 281mg calcium | 229mg phosphorus | 0.4µg vitamin B<sub>12</sub>