

# Stilton, Pink Grapefruit and Avocado Salad

CHEESE MAKES A  
**Difference**

to  
Summer  
Salads



BRITISH  
CHEESE  
BOARD





# Stilton, Pink Grapefruit and Avocado Salad

**SIMPLE, YET SO REFRESHING!  
THESE FLAVOURS GO TOGETHER  
REMARKABLY WELL.**

## INGREDIENTS

**2 generous handfuls rocket  
or mixed salad leaves**

**1 pink or red grapefruit**

**½ large ripe avocado, peeled,  
pitted and sliced**

**50g Blue Stilton cheese**

**½ tsp wholegrain mustard**

**½ tbsp olive oil**

## METHOD

1. Arrange the rocket or salad leaves on 2 serving plates.
2. Using a sharp, serrated knife, peel the grapefruit, removing all the pith. Slice into segments, removing all the membrane. Do this over a mixing bowl to catch all the juice. Share the segments between the salads along with the slices of avocado.
3. Break the Stilton into chunks and share between the salads.
4. Mix the wholegrain mustard and olive oil into the grapefruit juice and sprinkle over the salads. Serve at once.

## COOK'S TIPS

To check that an avocado is ripe, it should 'give' a little when gently pressed at the narrow end. If you prefer a milder cheese, choose white Stilton, Cheshire or creamy Lancashire instead.

## NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

254kcal | 8.2g protein | 8.1g carbohydrate of which 7.3g sugars | 21g fat of which 8.1g saturates | 4g dietary fibre | 248mg sodium equivalent to 0.6g salt | 137mg calcium | 129mg phosphorus | 0.3µg vitamin B<sub>12</sub>