

Superfood Cheshire Salad

CHEESE MAKES A
Difference

to
Summer
Salads





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THIS COLOURFUL, TASTY SALAD IS PACKED WITH NUTRITIOUS INGREDIENTS. THE ADDITION OF CHEESE GIVES IT AN EXTRA PROTEIN PUNCH TOO!

INGREDIENTS

- 200g broccoli, broken into florets
- 2 large oranges
- 1 small red onion, finely sliced
- 2 tsp white wine vinegar
- 2 tsp Dijon mustard
- 1 tbsp olive oil
- 1 x 100g bag spinach, watercress and rocket salad
- 125g Cheshire cheese, cut into cubes
- 100g seedless red grapes, halved
- 25g mixed nuts and seeds
- Freshly ground black pepper

METHOD

1. Cook the broccoli in boiling water for 3-4 minutes, until just tender. Rinse with cold water to cool quickly, then drain thoroughly.
2. Meanwhile, peel the oranges with a sharp, serrated knife to remove all the pith. Do this over a large salad bowl to catch the juice. Segment the oranges, removing the pith, then put them into the bowl. Add the red onion, vinegar, mustard and olive oil, stirring gently to mix.
3. Add the broccoli, salad leaves, Cheshire cheese and grapes to the salad bowl. Toss gently to coat in the dressing, then share between four bowls or plates. Serve at once, sprinkled with mixed nuts and seeds and seasoned with black pepper.

COOK'S TIPS

Choose a different British cheese for a change – Lancashire, Caerphilly, Red Leicester or Cheddar will all work well. Be adventurous!

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

271kcal | 13.5g protein | 16.5g carbohydrate of which 15.5g sugars | 17.1g fat of which 7.2g saturates | 4.5g dietary fibre | 320mg sodium equivalent to 0.8g salt | 320mg calcium | 258mg phosphorus | 0.3µg vitamin B₁₂