



Courgette, pear and
lettuce salad

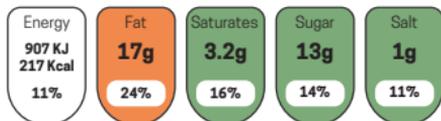
WAYS TO BE WELL

Courgette, pear and lettuce salad

Vegetarian | 2 of 5 a-day

SERVES 5

Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)
Typical values per 100g: Energy 288kJ/69Kcal

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INGREDIENTS:

25g Whole Hazelnuts	Salt
15g Pecans	550g Courgettes
1tsp Maple syrup	Black pepper
4 Red chillies	2tbsp Rapeseed oil
5g Fresh Mint	350g Mixed pears
6g Fresh Dill	1 Iceberg lettuce
1 Lime	1 Radicchio
150ml Natural Greek yoghurt	1 Lemon

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METHOD:

1. Preheat oven to 180C and roast hazelnuts and pecans on a baking tray until golden. Remove the skins from the hazelnuts and roughly chop. Mix with 1/2tsp of maple syrup and roast again for 5 mins, then set aside.

Yoghurt dressing

2. Deseed and finely dice the red chillies, finely chop most of the mint and dill, (leave some for garnish later).
3. Zest and juice the lime, reserving some juice and lime skins later for the raw pear and courgette. Add to the yoghurt with a pinch of salt and 1/2tsp of maple syrup, mix well and set aside.

Salad

4. Chop 450g of courgettes into 2cm slices, add a good pinch of salt and pepper and 1tbsp Rapeseed oil, chargrill until cooked.
5. Finely slice the remaining courgettes with a peeler or mandolin. Add a pinch of salt and remaining lime juice.
6. Cut and core 300g of pears into wedges, season with pepper and add 1tsp oil and roast at 200C for 6 mins. Finely slice remaining pears with a peeler or mandolin and leave in a bowl of water with used lime skins to stop the pears oxidising for later.
7. Rip the iceberg into large pieces and wash. Cut the radicchio lettuce into 5 wedges, season with salt and pepper, add 1tsp of oil and chargrill.

To plate

8. Spread the yoghurt dressing over the bottom of the plate. Layer with iceberg, charred courgette, roast pears, courgette and pear ribbons and top with sliced radicchio. Repeat sequence and finish with picked mint, dill, lemon zest and maple roasted nuts.