



# Pear, Walnut and Blue Cheese Salad with Bacon and Balsamic Dressing

Special Sides 15 Minutes • 1 of your 5 a day

2A



Bacon Lardons



Pear



Pea Shoots



Walnuts



Blue Cheese



Balsamic Glaze

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Frying Pan and Bowl.

## Ingredients

	Quantity
Bacon Lardons**	60g
Pear**	1
Pea Shoots**	40g
Walnuts 2)	20g
Blue Cheese** 7)	30g
Balsamic Glaze 14)	1 sachet

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	172g	100g
Energy (kJ/kcal)	1051/251	613/146
Fat (g)	17	10
Sat. Fat (g)	5	3
Carbohydrate (g)	15	9
Sugars (g)	13	8
Protein (g)	11	6
Salt (g)	1.33	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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 You can recycle me!



1



2



3



## Get Prepped

a) Heat a drizzle of **oil** in a medium frying pan on medium-high heat.

b) Once hot, add the **bacon lardons**. Stir-fry until starting to go golden, 2-3 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

c) Meanwhile, quarter the **pear** lengthways (no need to peel). Remove the core and thinly slice lengthways into long slices.

## Cook the Pear

a) Once the **bacon** is browned, add the **pear slices** to the pan and fry with the **bacon** until the **pear** has softened, 2-3 mins.

b) Transfer the **pear**, **bacon** and all the **liquid** from the pan to a small bowl and leave to cool for a few mins.

c) Meanwhile, roughly chop the **walnuts**.

## Finish and Serve

a) Put your **pea shoots** into a serving bowl and spoon the **pear**, **bacon** and **juices** on top.

b) Finish with a sprinkling of **walnuts** and **blue cheese**.

c) Drizzle over the **balsamic glaze**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.