Rocket, Pear & Fetta Salad

What to do:

1. Wash rocket and Swiss chard in cold water. Spin very GENTLY in salad spinner. Cut with scissors into bite sized pieces into a large silver bowl.

2. Pick parsley leaves, add to silver bowl.

3. Crumble fetta cheese carefully.

4. Core and slice pears thinly.

5. To make dressing, simply add dijon mustard, olive oil, lemon juice & apple cider vinegar and seasoning into a glass jar and shake vigorously for a minute to combine.

6. Toss salad leaves together with pear and lightly dress. Assemble into 3 salad bowls and sprinkle with fetta cheese.

7. Serve immediately.

Equipment
Knife
Chopping Board
1 large bowl
Salad Spinner
Scissors
Glass jar, with lid

Ingredients
1 bch rocket, washed in cold water
1 /2 bch baby spinach or Swiss chard
¼ cup picked flat leaf (Italian) parsley, torn
1 ½ pears, cored and sliced thinly
1 /2 cup fetta cheese, crumbled
1 Tbsp Apple cider vinegar
½ lemon juiced
1 tspn Dijon mustard
1/4 cup olive oil
Sea Salt and Ground pepper, to taste

From the Garden
Swiss Chard
Italian Parsley