

Spinach, pear & blue cheese salad



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Preparation 10 mins | Cooking 15 mins | Serves 4

- 1 tbs olive oil
- 1 tbs butter or margarine
- 2 firm Beurre Bosc pears, halved, cored and thickly sliced lengthways
- 1 tbs honey
- 1 tbs balsamic vinegar
- 100g baby spinach leaves
- 150g soft blue cheese, roughly crumbled
- ½ pomegranate, halved and seeds removed

STEP 1 Heat oil and butter or margarine in a large non-stick frying pan over medium heat until bubbling. Add pears and cook, turning occasionally, for 3 minutes. Stir in honey and balsamic vinegar and cook, stirring occasionally, for 10-12 minutes or until pears are just tender. Season with salt and pepper to taste.

STEP 2 Arrange spinach and warm pears on serving plates. Sprinkle with blue cheese and pomegranate seeds and serve.

Good for you... PEARS

A good source of dietary fibre. Pears are also a natural source of sorbitol, which helps keep the body regular. Provide vitamin C, an important vitamin for healthy gums and blood vessels. A fruit with a low GI, which means it releases its natural sugars slowly.

