

Rocket, Pine Nuts and Blue Cheese Salad



Ingredients

Rocket leaves

Baby spinach leaves

Pine Nuts, toasted

Blue Cheese, cubed

Balsamic Vinegar

Method

- 1) Place rocket and baby spinach leaves on a platter
- 2) Sprinkle on pine nuts
- 3) Add the cubed blue cheese
- 4) Drizzle over a little balsamic vinegar

Food safety tips Leafy greens can carry harmful bacteria. To reduce the risk, wash salad leaves. Only purchase pre-packaged salads that have been refrigerated and are in date.

Avoid bags of mixed salad that contain spoiled, mushy leaves and avoid pre-prepared salads that have been left to sit at room temperature.

Tip: Why not grow your own salad?
Use **garden pots and troughs** for lettuces, radishes and peppers
Hanging baskets are great for growing trailing tomatoes
Window sills are good for herbs, chilli and spring onions

