



# QCOOK

## Pear & Blue Cheese Salad

with a creamy honey-mustard dressing & walnuts

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jemimah Smith

### Nutritional Info

	Per 100g	Per Portion
Energy	535kJ	2315kJ
Energy	128kcal	553kcal
Protein	3.5g	15.2g
Carbs	15g	66g
of which sugars	6.9g	29.7g
Fibre	2.3g	10g
Fat	6g	26g
of which saturated	2.5g	10.7g
Sodium	157.6mg	681.7mg

**Allergens:** Cow's Milk, Gluten, Wheat, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

**Ingredients & Prep Actions:**

Serves 1	[Serves 2]	
40g	80g	Green Leaves <i>rinse</i>
1	2	Pear/s <i>rinse, peel, core &amp; thinly slice</i> <i>½ [1]</i>
30g	60g	Blue Cheese
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>
30g	60g	Croutons
60ml	120ml	Creamy Dressing <i>(40ml [80ml] Sour Cream.</i> <i>5ml [10ml] Dijon Mustard,</i> <i>10ml [20ml] Red Wine</i> <i>Vinegar &amp; 5ml [10ml] Honey)</i>
10g	20g	Walnuts

**From Your Kitchen**

Seasoning (salt & pepper)  
Water

1. **PEAR & CHEESE COMBO** In a serving bowl, add the green leaves, the pear, crumble in the blue cheese, the cucumber, and croutons.
2. **DRESSED TO IMPRESS** Drizzle over the creamy dressing, season and toss to combine.
3. **COMPLETE WITH CRUNCH** Scatter over the walnuts and get to eating!