



RECIPE COURTESY OF JAMIE OLIVER

Watercress, Rocket, Sweet Pear, Walnut and Parmesan Salad



What a combination, simple and classy. Don't try to make this when you feel like it, make it when you can find perfect pears and watercress, otherwise it will taste naff.

For one person I normally use around half a pear 2 big handfuls of watercress and 2 big handfuls of rocket. If the skins are nice just give them a wash, if not remove with a peeler. Then cut them in half and deseed.

It doesn't really matter how you cut them up. Sometimes in big rough chunks, maybe sliced up or even grated.

Then place into the bowl with the watercress and rocket. The pepperiness of the leaves works so well with the sweetness of the pear. Drizzle with a good extra virgin olive oil just to coat, a small squeeze of lemon juice (because the pear juice is slightly acidic but very tasty), and season well with salt and freshly ground black pepper. Toss all this together and serve. Shave over some Parmesan or Pecorino, crumble your nuts over and tuck in. I love this salad with roasted meat or as a starter on its own.