



## Stilton, parma ham and fig salad

This adventurous salad is so tasty. There are no hard and fast rules with the ingredients, make it to suit you, the more you enjoy your healthy meals, the easier you will find your new eating habits. For example, perhaps stilton isn't for you? You can always swap this for parmesan if preferred.

### Ingredients

- 1 TBS wholegrain mustard
- 3 TBS white wine vinegar
- 2 TBS runny honey
- 7 TBS extra virgin olive oil
- 25g stilton, finely crumbled
- 8 large figs, quartered
- 8 slices parma ham, torn into pieces
- 75g pecans, roughly chopped
- 50g bag rocket
- 110g bag baby leaf salad



Serves 4

### Method



*Great for weight maintenance.*

*For weight loss, leave out the runny honey and substitute the figs with a whole cantaloupe melon.*

1. Put the mustard, vinegar and honey into a bowl and whisk together
2. Slowly add the oil, whisking all the time
3. Whisk in the stilton until it has broken down a little. Season to taste
4. Put the figs, parma ham, pecans, rocket and baby leaf salad in a large bowl, then drizzle over the stilton dressing
5. Gently toss everything together and serve immediately

The Grange  
Welford Road  
Long Marston  
Stratford upon Avon  
Warwickshire  
CV37 8RH

07778 218009