

# Rocket, Pear & Parmesan Salad

Bialik College Kitchen Garden Program

## Ingredients:

- ☐ 300g rocket
- ☐ 2 pears, thinly sliced
- ☐ lemon juice
- ☐ ¼ cup olive oil
- ☐ 2 tablespoons balsamic vinegar
- ☐ salt/pepper
- ☐ ¼ cup shaved parmesan
- ☐ 2 tablespoons seeds (pumpkin or sunflower), toasted

## Equipment:

- ☐ chopping board
- ☐ knife
- ☐ metric measuring spoons/cups
- ☐ peeler
- ☐ frying pan
- ☐ wooden spoon
- ☐ salad spinner
- ☐ juicer

## Method:

1. Place the thinly sliced pear into a bowl and drizzle with a little lemon juice to prevent it going brown.
2. Place seeds in a small frying pan over low heat. Cook until slightly coloured. Set aside to cool.
3. Wash and dry rocket and place into a bowl.
4. To make dressing, combine olive oil and balsamic vinegar. Season with salt/pepper and whisk until well combined.
5. Place the pear, seeds and dressing into the bowl with the rocket and gently combine.
6. Top with the parmesan shavings and serve.