Sweet Pomegranate Salad

Rocket and lettuce with cherry tomatoes, feta, pomegranate and almond flakes in an apple-pomegranate dressing.



Salad bowl. | Contains Dairy - Nuts - Sulphites

INGREDIENTS

- 30g Baby rocket leaves
- 50g Lettuce leaves
- 70g Cherry tomatoes
- 10g Almond flakes
- 40g Feta cheese
- 15g Pomegranate
- 40ml Dressing

DRESSING BATCH

- 250g Balsamic vinegar
- 250ml Olive oil
- 160g Apple pomegranate puree

METHOD

1. Blend the dressing ingredients until well combined.
2. Slice the lettuce thinly and mix with the baby rocket.
3. Pour the dressing over the leaves and gently mix.
4. Add cherry tomatoes, feta, pomegranate and almond flakes on top.

EQUIPMENT

- Chopping board
- Sushi knife
- Vegetable knife
- Scale

NOTES

- Make sure the pomegranate is cleaned properly.