

Warm West Country Salad with Farmhouse Cheddar

CHEESE MAKES A
Difference

to
Summer
Salads



Serves 4 | Prep time: 20 min | Cooking time: 30 min



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COMBINING THE DISTINCTIVE TASTE OF THE WEST COUNTRY FARMHOUSE CHEDDAR WITH A VARIETY OF FRESH VEGETABLES AND EGGS, THIS DISH IS NUTRITIOUS AND FLAVOURSOME. GUARANTEED TO BECOME A FAVOURITE!

INGREDIENTS

120g West Country Farmhouse Cheddar, shaved with potato peeler

200g fresh mushrooms, sliced

200g trimmed asparagus

200g new potatoes, cut length ways

2 tbsp olive oil

4 cloves garlic, sliced

Salt and pepper

White wine vinegar

4 eggs

2 tbsp flat leafed parsley, chopped roughly

Juice of one lemon

Extra olive oil for potatoes

METHOD

1. Preheat oven to 220 degrees c.
2. Mix potatoes with a little olive oil and season with salt and pepper.
3. Roast the potatoes in the oven for 15 – 20 minutes until golden brown.
4. In a frying pan sauté the mushrooms and garlic with half the olive oil and season. Set to one side in a warm place.
5. Sauté the asparagus with the remaining oil and season, and set aside in a warm place.
6. Bring a pan of water to the boil with enough salt and vinegar to taste. Poach eggs for 2 – 3 minutes until soft boiled. Remove from water and set aside.
7. Add all remaining ingredients except for the eggs in a bowl. Gently mix and divide between 4 plates. Place a poached egg on each plate. Serve and enjoy!

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

339kcal | 18.3g protein | 10g carbohydrate of which 2g sugars | 25g fat of which 9.6g saturates | 3g dietary fibre
| 532mg sodium equivalent to 1.3g salt | 279mg calcium | 365mg phosphorus | 2.1µg vitamin B₁₂

