

## RECIPE CARD

### Summer Salad with Walnut Dressing (Anna Guest, Staffordshire)

*Serves 8 for a light meal*

#### Ingredients

##### Salad:

- 4 medium chicken breasts
- 4 ripe avocado pears
- 4 grapefruits
- 4 medium eggs
- 100 g (4 oz) walnuts
- Variety of salad leaves for serving

##### Dressing:

- 250 ml (9 fl oz) walnut oil
- 1 teaspoon French mustard
- Pinch salt
- 2 teaspoons caster sugar
- 1 tablespoon lemon juice
- 100 g (4 oz) finely crushed walnuts

#### Instructions

- Remove the skin from the chicken and poach in chicken stock until tender.
- Peel the pears and remove the stones - spray with lemon juice to prevent discolouring.
- Peel the grapefruit and divide into segments.
- Hard boil the eggs.
- Cut the walnuts into halves.
- Wash the salad leaves.
- While the chicken and eggs are cooking, make the dressing.
- Shake all the dressing ingredients, except the nuts, together in a jar.
- Arrange the salad leaves on a large platter.
- When the chicken and eggs are cold, cut them and the other main ingredients into bite-sized pieces and arrange with the other ingredients on the bed of leaves.
- Spoon the dressing liberally over the salad and sprinkle the crushed walnuts over.