



PECORINO ROMANO SALAD

with kale, lemon and pears

PECORINO ROMANO SALAD



Serves

4 people

Ingredients available at [Mediterranean Foods](#)

Ingredients

- 1/2 Cup of extra virgin olive oil
- 1/2 Cup of sliced roasted almonds or walnuts
- 150g Shaved pecorino romano
- 1 Lemon juice
- 3 Large williams pears peeled and sliced
- 1 Bunch of fresh kale or cavolo nero (black kale)

1. Wash and spin dry the kale and discard the hard stem.
2. Roll the leaves and with a sharp knife slice thin ribbons and place it in a large bowl.
3. Make a dressing with lemon juice and extra virgin olive oil.
4. Toss it into the bowl adding the pecorino cheese and the pears and the almonds/walnuts , let it rest half and hour before serving.

Buon Appetito!

Go to medifoods.co.nz and sign up to our [Foodclub](#) for more recipes and special offers!



WE WOULD LOVE TO SEE THE RESULTS!
SHARE YOUR DISH AND TAG US!

MEDIFOODS.CO.NZ