



## Baked Pink Lady® Apple Salad with Pecans and Feta

This delicious salad is excellent as a starter or to compliment a chicken or pork main course.

Serves: 4 - 5



### Ingredients:

- ♥ 4 Pink Lady® apples, unpeeled but cored
- ♥ ¼ cup (60 ml) sugar
- ♥ ¼ cup (60 ml) water
- ♥ 1 T (15 ml) fresh lemon juice
- ♥ 1 punnet Woolworths rocket or herb salad
- ♥ ½ cup (125 ml) pecan nut halves
- ♥ 2 wheels feta, crumbled
- ♥ Woolworths Honey Mustard Salad Dressing or Woolworths Blue Cheese Salad Dressing

### Method:

Preheat the oven to 180°C. Adjust the oven shelf to middle position. Line a baking tray with baking paper. Core the Pink Lady® apples and cut each one, unpeeled, into 8-12 wedges. In a medium/large mixing bowl dissolve the sugar in the water by microwaving for 2 minutes on high, stirring now and again. Add the lemon juice. Toss the Pink Lady® apples in the sugar syrup and spread them out in a single layer on the prepared baking sheet. Pour over the remaining syrup. Bake for 20-25 minutes until softened and beginning to brown. Leave to cool.

#### TO SERVE:

Heap the salad leaves onto 4-5 serving plates. Top with baked Pink Lady® apples, nuts and feta. Drizzle with a generous amount of either Honey Mustard Salad Dressing or Blue Cheese Salad Dressing

#### CHEF'S TIP:

Toast the nuts briefly in a non-stick frying pan to crisp. Pink Lady® Apples can be roasted the day before and refrigerated in an airtight container, bring to room temperature before serving.



Created by



*Pink Lady®*

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

