



## Spring Greens with Pink Lady® Apples

Serves: 4-6



### Ingredients:

#### Vinaigrette

- ♥ 50 ml olive oil
- ♥ 30 ml (2 tbsp) apple cider vinegar
- ♥ 10 ml (2 tsp) wholegrain mustard
- ♥ 15 ml (1 tbsp) fresh thyme leaves
- ♥ Salt and pepper to taste

#### Salad

- ♥ 2 Pink Lady® Apples, cut into chunks, wedges and slices
- ♥ 100 g thin green beans, halved and blanched (see tip)
- ♥ 1 avocado, sliced
- ♥ ¼ cucumber, halved and sliced
- ♥ 100 g mixed salad leaves, like wild rocket, watercress, baby butter lettuce
- ♥ Shavings pecorino cheese
- ♥ 45 ml (3 tbsp) sunflower seeds, toasted (see tip)

### Method:

#### Vinaigrette:

Mix all the ingredients together and season to taste.

#### Salad:

Arrange salad ingredients on a platter and sprinkle with sunflower seeds. Drizzle with the vinaigrette and enjoy as a side dish.

#### Tips:

To blanch green beans, place in a shallow dish and cover with boiling water. Allow to stand for a few minutes and drain. If preferred, repeat the process and rinse with cold water to keep them crunchy.

To toast sunflower seeds, place in a frying pan over a medium heat, without any oil. Toast until golden brown, taking care not to burn them.

Created by

heleen meyer  
food consultant

# Pink Lady®

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

