Parmesan, Pear and Rocket Salad

Equipment:

- Vegetable peeler
- Frypan
- Grater
- Spoon measures - tablespoon, teaspoon
- Cup measures - ¼
- Juicer
- Whisk
- Small bowl
- Knife & chopping board

Ingredients:

- 100g Parmesan cheese
- 2 tablespoons sunflower seeds
- ¼ cup olive oil
- Rind of 1 lemon
- 2 tablespoons lemon juice
- 1 teaspoon mustard
- Salt and freshly ground black pepper, to taste
- 1 firm ripe pear
- 120g rocket, washed
What to do:

- Shave Parmesan using a vegetable peeler.
- Dry-fry sunflower seeds in a non-stick pan for 2-5 minutes, stirring occasionally, until toasted.
- Juice lemon and grate rind with a fine grater.
- Place lemon juice, lemon rind, olive oil and mustard into small bowl and mix with the whisk, season to taste with salt and pepper.
- Finely slice pear, removing seeds and core.
- Add pear and rocket to serving bowl and gently toss with dressing and Parmesan.
- Serve salad sprinkled with toasted sunflower seeds.