

Rainbow Superfood Salad

with Wild Blueberry & Balsamic Dressing

Serves 4-6

Wild Blueberry dressing

45ml extra virgin olive oil
15ml balsamic vinegar
50g dried Wild Blueberries,
soaked in boiling
water for 20 minutes
and drained
200g feta cheese, cut
into cubes
1 sprig thyme

Salad

1 dessert apple, sliced
2 sticks celery, sliced
1 orange, peeled, sliced
and quartered
1 fresh pomegranate, broken
open, seeds removed
60g walnut halves, toasted



Preparation

To make the Wild Blueberry dressing, combine the olive oil with balsamic vinegar. Add the Wild Blueberries – squashing them a little to release their juices. Add the feta cheese with a little thyme and set aside. Combine the apple, celery, orange and pomegranate in a bowl, then add the toasted walnut halves. Add the feta cheese and dressing, toss together and serve with hot crusty bread at the table.

