



Fig, walnut and fetta salad -

Simple, fresh and perfect for lunch!

Recipe by Chef Kirsten Bacon, the Kingborough Cook

 Serves 4

 15 minutes

INGREDIENTS

- 6 fresh figs, quartered
- 100g soft fetta
- 1/2cup Tasmanian walnuts, lightly toasted
- Optional: Handful mixed salad or rocket
- Optional: Small handful fresh parsley or mint leaves

Walnut oil and leatherwood honey vinaigrette

- 3tbs walnut oil
- 1tbs good olive oil
- 1tbs leatherwood honey
- 1tbs apple cider vinegar or white balsamic vinegar
- 1 small tps dijon mustard
- Pinch sea salt flakes
- Fresh ground black pepper

DIRECTIONS

1. Arrange the salad leaves onto a serving platter.
2. Scatter over the figs, toasted walnuts and pieces of soft fetta.
3. Add a few parsley or mint leaves for freshness.

For dressing:

1. Whisk together the walnut oil, olive oil, honey, vinegar and mustard until combined.

This salad is beautiful accompanied with warm crusty bread and a bubbly or warming Tasmanian drink.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

