

Nectarine and pear salad with Stilton

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-crusty-italian-hard-rolls>

Ingredients:

- 1 pear
- 1 15/16 tablespoons walnuts 1/2oz, roughly chopped and toasted
- 3 1/2 cups rocket bag
- 4 3/4 tablespoons stilton 1 1/2oz, crumbled
- 1 olive oil ds tspn
- 2 teaspoons white wine vinegar
- 1/2 teaspoon Dijon mustard
- salt
- crusty
- 2 tablespoons basil fresh chopped
- 1 3/8 tablespoons Flora Original 1 1/2oz, pro.activ Light spread

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 15 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams
6. Protein: 10 grams
7. SaturatedFat: 7 grams
8. Sodium: 900 milligrams
9. Sugar: 20 grams

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