

Pomegranate Feta Salad



TIME TO PREPARE

10 minutes



COOK TIME

10 minutes



SERVING

4 Serves



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- 1/2 cup walnuts
- ¼ cup granulated sugar to candy walnuts
- 1 package 250g green leaf mix (spinach etc.)
- 1 pomegranate peeled and seeds separated (look for deseeded packets of pom to save time).
- 1/4 red onion, sliced thin
- ½ cup crumbled feta cheese

Dressing:

- 1 tsp. Dijon mustard
- 3 tbsp. red wine vinegar
- 3 tbsp. olive oil
- 1 lemon, zested and juiced
- salt and pepper to taste

Method

01. To make the candied walnuts, pour the sugar in a small skillet the walnuts on top. Cook over medium heat until sugar melts and turns a caramel colour stirring constantly so that the nuts and sugar do not burn. Be patient! It takes a while for the sugar to start melting.
02. Once the sugar turns a caramel colour coat keep stirring to coat the walnuts with it. Pour pecans onto greased wax paper or aluminium foil to cool. Once pecans are cooled, break them into pieces.
03. Place the leaf mix, pomegranate seeds, red onion, feta cheese, and walnut pieces into a large mixing bowl; set aside.
04. Whisk together the Dijon mustard, vinegar, olive oil, lemon zest, lemon juice (to taste), salt, and pepper in a separate bowl. Pour over the salad and toss to coat. Serve immediately.
05. ENJOY!
06. TIP: Try adding in your favourite protein for a boost in muscle growth and repair.

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