

fuss free flavours

tasty stuff without the fuss



Goats' Cheese, Avocado & Warm Blueberry Salad

All amounts are approximate, use common sense and the ingredients you have.

Serves 2

Good glug olive oil
Small punnet blueberries
Good glug balsamic vinegar

1 Avocado
1 Capricorn goats' cheese
Mixed salad leaves

2 tbs pine nuts

Gently fry the blueberries in the olive oil for a few minutes, until they have softened. Whilst doing this chop up the avocado and goats' cheese and arrange on the salad leaves, and gently dry fry the pine nuts. Keep a close eye on them as they go from not done to burnt in a matter of seconds.

Glug the balsamic over the blueberries and give the pan a good shake, cook for a few minutes until reduced and syrupy. Pour over the salad and scatter the pine nuts on top.

Serve immediately.

