

Crispy Pear and Rocket Salad



Serves: 4

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

- 3 packham pears
- 200g rocket
- 40g hazelnuts
- 80g [Perfect Italiano Shaved Parmesan](#)
- 80ml avocado extra virgin oil
- 80ml raspberry vinaigrette
- 30g sugar
- 10ml water
- salt and pepper to taste

Method:

- Lightly caramelize sugar and water. Add vinegar, then oil (away from heat) and season.
- Slice pear. Mix with rocket, Perfect Italiano Shaved Parmesan and lightly toasted and crushed hazelnuts, Dress, toss and serve.



FOODSERVICES
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