



PROPER  
-CRISPS-

**Crunchy Parsnip  
Summer Salad**



## Crunchy Parsnip Summer Salad

### INGREDIENTS

1 cup baby spinach leaves

1 cup rocket leaves

Handful of Proper Parsnip Crisps

100g Blue Cheese (optional)

Smoked Salmon slices (optional)

1 ripe pear, thinly sliced

3/4 cup walnuts

2 Tbs New Zealand honey

1 Tbs balsamic vinegar

Salt & Pepper to taste

Olive Oil

### METHOD

1. Heat pan to a medium heat setting and add walnuts. Toast for 1-2 minutes, making sure they don't burn. Add honey and stir to combine
2. Add balsamic vinegar and bring to bubble. Stir constantly for 1-2 minutes to stop mixture sticking, remove from heat and season with salt & pepper.
3. To assemble salad, wash and dry the spinach and rocket, then mix together in a large bowl, add salmon slices, pear slices and crumble blue cheese over salad
4. Sprinkle walnuts and Proper Parsnip Crisps ontop and drizzle with balsamic vinegar and olive oil to taste.