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Best of England Salad

Serves 4
Preparation time: 10 minutes
Cooking time: 3-4 minutes

Ingredients:

4 slices of 'bloomer' bread
75g/3oz blue Stilton cheese, sliced
25g/1oz roasted red peppers in brine
30ml/2tbsp sunflower oil
15ml/1tbsp lemon juice
2.5ml/1/2tsp clear honey
salt and freshly ground black pepper
175g/6oz mixed lollo rosso, lollo biondo
12 English strawberries, hulled and halved
8 radishes, sliced

Method:

1. Pre-heat the grill. Toast the bread on both sides. Arrange the sliced Stilton on top of the toast then pop it back under the grill and cook until cheese is melted and bubbling.
2. Cut each toast in half. Thinly slice the peppers into strips then place a St Georges flag on top of each.
3. For dressing: whisk the oil, lemon juice, honey together, season to taste.
4. Arrange the lettuce, strawberries and radishes on a platter then drizzle over the dressing. Top with the Stilton toasts and serve.

Tips:

Each serving counts as 1 fruit / veg portion. Amount per portion:

Energy	kcals 293
Protein	10.8g
Carbohydrate	34.2g
Fat	13.4g
Saturated fat	4.9g
Fibre (Englyst)	2.4g
Salt	1.26g

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