

French Summer Salad with Walnuts and Roquefort!

Recipe for 2 people as a main dish.

Ingredients:

- A mix of 2 chicory heads and 150g of *mache* salad, baby spinach leave or *roquette* OR 4 chicory heads.
- 200g *Roquefort* (Gongozola can do the trick) OR mix of 125g Roquefort and 100g Cheddar
- 100g Walnuts, grossly broken down with your fingers
- 30g raisins, moisturise in boiling water.
- 1 apple OR 1 pear
- Optional: 1 avocado

For the dressing:

- 2 tsp mustard (not sweet)
- 4 tbp olive oil
- 2 tbp apple vinegar or lemon juice
- Salt / Pepper
- Optional: 1tsp honey

Wash and rinse the chicory and the salad if necessary. Chop the chicory heads in slices of 1cm. Throw the salad and chicory into a large bowl.

Put the kettle on for moisturising the raisins. Place the raisins in a small bowl, add the boiling water. Let it rest for 5/10 minutes until softened.

Cut the cheeses in 1cm square cubes. Throw them with the salad.

Break down the walnuts grossly in 4 and put them in the bowl.

Discard the water from the raisins, and throw the raisins in the main bowl.

Chop the apple or pear in 1cm square cubes and throw in the main bowl. Idem for the avocado.

Dressing: I use a jam jar to make my salad dressing, a trick I learned from my mom.

In a jar (or bowl if you had a different mom!), place the mustard, the olive oil, the apple vinegar, a pinch of salt and ground pepper. Close the jar with its lid and shake it!

Taste the dressing, if it is too sour for your taste buds, add a teaspoon of honey and / or some olive oil.

Pour the dressing over the salad, mix it well. It's ready !

To serve with some toasted baguette or some grilled chicken if in need of proteins.