

# BROWN APPLE & FETA SALAD WITH BALSAMIC VINAIGRETTE

A lovely wintery salad that makes it easy to use up apples that have gone a little brown or soft.

## INGREDIENTS

### SERVES 2 AS A MAIN COURSE OR 4 AS A SIDE

- Full bag or head of any salad or lettuce (enough for 2 people)
- 1 medium apple, cored and thinly sliced
- half a thinly sliced red onions
- Half a pack (100g) crumbled feta cheese

#### Vinaigrette

- ¼ cup extra-virgin olive oil
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. Dijon mustard
- 2 tsp. honey, maple syrup or agave syrup
- salt and ground black pepper

## METHOD

1. Thinly slice the apple, removing the core and any parts that are very soft.
2. Thinly slice the onion.
3. Place the apple and onion in a bowl and crumble the feta on top.
4. In a jar (or any container you have a lid that fits securely) pour in the olive oil, balsamic, mustard and honey, and add a small amount of salt and pepper. Put the lid on and shake for 20 seconds (or until smooth and combined).
5. Pour a small amount of dressing on the apple and feta mix.
6. Put the salad leaves you are using in a bowl, drizzle with the dressing, and toss until coated.
7. Serve the salad leaves into a dish, and top with the apple and feta mix.
8. EAT!

