Brussels Sprout, Feta & Candied Walnut Salad

SERVINGS: 6 PREPPING TIME: 20 MIN

Ingredients

Candied walnuts
80 g walnuts
1 tbspn maple syrup
1 tspn olive oil
Pinch of salt

Salad
450 g Brussels sprouts, finely shredded
1 pear or green apple, thinly sliced
80 g feta, crumbled
80 g dried cranberries
Small bunch of mint, leaves picked and chopped

Dressing
3 tbspn olive oil
1 tbspn white wine vinegar
1 tbspn maple syrup
1 tspn Dijon mustard
Salt and black pepper

Directions

1. **Warm a small frying pan over medium heat. Add the walnuts, maple syrup, oil and salt. Stir until the nuts look glossy, then tip them onto baking paper to cool.**
2. **Place the shredded sprouts in a large bowl and add the pear, cranberries and most of the mint.**
3. **Whisk the dressing until smooth. Taste and adjust the seasoning.**
4. **Toss the salad with the dressing so everything is coated.**
5. **Crumble in the feta and scatter the candied walnuts over the top.**
6. **Finish with the remaining mint.**

Variations

Use toasted almonds if walnuts are not your thing. Swap the pear for ripe peaches late in the season. A little orange zest will give it a brighter lift.