

Wensleydale Salad, go with the grain

CHEESE MAKES A
Difference

to
Summer
Salads



BRITISH
CHEESE
BOARD





Wensleydale Salad, go with the grain

THERE ARE SOME GREAT GRAINS TO ADD TEXTURE AND INTEREST TO YOUR MEALS – THIS SALAD USES COUSCOUS, THOUGH YOU COULD EASILY MAKE IT WITH BULGUR WHEAT OR QUINOA INSTEAD. THE WENSLEYDALE PERFECTLY COMPLEMENTS THE VEGETABLES AND FRUITS.

INGREDIENTS

200g couscous

2 tsp reduced salt vegetable stock powder
or ½ vegetable stock cube

1 red onion, finely chopped

2 celery sticks, sliced

¼ cucumber, finely chopped

150g seedless red and green grapes, halved

100g ready-prepared pomegranate

Freshly ground black pepper

2 tbsp olive oil

2 tbsp lemon juice

Handful of mixed salad leaves

120g Wensleydale cheese
(or Wensleydale & Cranberries)

METHOD

1. Put the couscous into a heatproof bowl and just cover with boiling water. Add the stock powder or stock cube. Stir well, then leave for 15 minutes to swell.
2. Add the onion, celery, cucumber, grapes and pomegranate to the couscous. Season with a little black pepper and stir to combine.
3. Mix together the olive oil and lemon juice. Stir into the salad. Add the salad leaves, toss together and share between 4 serving plates, with the Wensleydale cheese crumbled on top.

COOK'S TIPS

Try using an alternative crumbly British cheese, such as white Cheshire, Lancashire, White Stilton or White Stilton with blended fruits. Prepared pomegranate is available pre-packed in most supermarkets these days – or use a fresh pomegranate. If you prefer, just use a chopped red apple instead.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

409kcal | 14.3g protein | 49g carbohydrate of which 11.7g sugars | 17.1g fat of which 6.9g saturates | 5.9g dietary fibre | 404mg sodium equivalent to 1g salt | 219mg calcium | 345mg phosphorus | 0.3µg vitamin B₁₂