



Fig and feta salad

For your fig and feta salad choose ripe and juicy figs, they contrast marvellously with the tang of feta. Delicious for lunch or a quick evening meal and a lovely accompaniment to your BBQ.

Quantities to be decided by you, depending on how many you are feeding.

Ingredients

- Ripe purple figs
- Feta cheese
- Handful mint leaves
- Salt and pepper
- Extra virgin olive oil



Method



only for weight maintenance

1. Cut the figs into halves or quarters, depending on their size, and arrange them over a flat serving dish
2. Add a few chunky bits of feta, then scatter over a handful of mint leaves (left whole if they are tiny but torn if the leaves are large)
3. Add a few good grinds of pepper and a sprinkle of salt, then glug some good extra virgin olive oil over the top

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