

# Kale, goats cheese and pear salad

Serves 2

Takes 40 minutes

## Ingredients

200g French beans

250g Kale, shredded

2 tablespoons olive oil

1 Pear, cored and chopped into 1cm chunks.

50g Pecans, roughly chopped.

100g Soft goats cheese

150g Frozen cranberries

1 tablespoon date syrup

1.5 tablespoons wholegrain mustard

3 tablespoons olive oil

## Directions

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Preheat your oven to Gas Mark 7, (220°C or 200°C fan).

Chop the beans into 1" pieces and place on a baking tray, season and toss with 1 tablespoon of olive oil then place on the middle shelf of the oven for 5 minutes. Put the kale in another baking tray and toss with 1 tablespoon of olive oil, then place in top shelf of the oven when the first 5 minutes are up. Leave both trays in the oven for a further 30 minutes.

Place the cranberries in a small saucepan over a low heat. Add the date syrup, mustard and 3 tablespoons of olive oil. Stir occasionally until bubbling, then crush the cranberries with the back of a spoon until all broken up. Stir vigorously a few times and remove from the heat.

The beans and kale should both be browned slightly crispy when they are ready. Divide them between two plates, then scatter the pear chunks and pecans over the top. Dollop the dressing all over the place then break the goats cheese into chunks on top.

