

FLOWERS

DISCOVER Our Range of Plants VEG & FRUITS A V 15% off your order



Due to increased demand some orders may be subject to delays, [please click here for more information](#)

Home > Advice > Wilted winter green salad with pomegranate recipe

HOME

CHRISTMAS

SEE ALL ARTICLES

wilted winter green salad with pomegranate recipe

COURSES & EVENTS

Posted in January, February, December, All Recipes, Winter on 1st February 2020

The colours here – crimson and brilliant green – look good, and when served with meat, this is an ideal winter salad. It's excellent as a starter or as a side dish with meat and fish, and also works well as a main dish for a light lunch.

For 6 as a starter or side salad, 4 as a main course

- 250g radicchio or other red-leaf chicory
- 250g Savoy cabbage
- 1 tablespoon olive oil
- 300g prosciutto (about 8-10 slices), baked until crisp
- 200g blue cheese, cubed
- seeds from 1 pomegranate (to remove, gently roll the fruit around a few times, then slice in half. Holding one half of the fruit cut side down over a bowl, tap the skin with a wooden spoon)
- 100g rocket

For the dressing

- 3 teaspoons Dijon mustard
- 3 tablespoons lemon juice
- 6 tablespoons olive oil
- salt and black pepper

Tear apart the radicchio and cabbage. Remove and discard the chunkier stems, and cut or tear the leaves into 6-8cm strips. Place in a pan with a little olive oil and wilt together for a few minutes so that they are warm but still crunchy. Take off the heat.

Lay the wilted leaves out on a large plate and slightly crumble the prosciutto over them. Scatter the blue cheese and pomegranate seeds over the top.

Whisk together all the dressing ingredients in a bowl.

Just before serving, add the rocket, then dress and toss the whole salad.

This recipe features on p363 of Sarah's Food for Friends and Family cookbook.

You may also like:

- [Duck and peppery leaf salad recipe](#)
- [Celeriac salad with pine nuts & prosciutto recipe](#)



Leave a comment

Share this:



[Print this page](#)

useful kit...



Chicory 'Rossa di Treviso precoce'



Decorative Tin Plates



Lemon and Lime Squeezers

ABOUT US

[Contact Us](#)
[About Us](#)
[We support](#)
[Jobs](#)
[Affiliates](#)
[Press](#)
[Awards](#)
[COVID-19 Declaration](#)

SHOPPING

[Plant Sizes & Product Info](#)
[Key to Symbols](#)
[Delivery](#)
[Order Form](#)
[Quick Shop](#)
[Gift Vouchers](#)
[Find Your Perfect Plant](#)
[How to Order Online](#)

FOR OUR CUSTOMERS

[Feefo Reviews](#)
[Join us online](#)
[Recommend a Friend](#)
[Instruction Booklets](#)
[Testimonials](#)
[Help & FAQs](#)
[Request a Catalogue](#)
[Gift Wrap](#)

TERMS AND CONDITIONS

[*Terms & Conditions](#)
[Privacy & Security](#)
[Returns, refunds and exchanges](#)
[Cookie policy](#)
[Payments and Guarantees](#)

JOIN IN



SIGN UP

Receive emails from us & get 15% off your order



0345 092 0283

For orders: Mon-Sat 8am-10pm, Sun 9am-10pm
For customer services: Mon-Fri 1pm-5pm

© 2020 Sarah Raven. All rights reserved. Registered in England & Wales #06694059. Photography: © Jonathan Buckley. eCommerce by blubolt

