

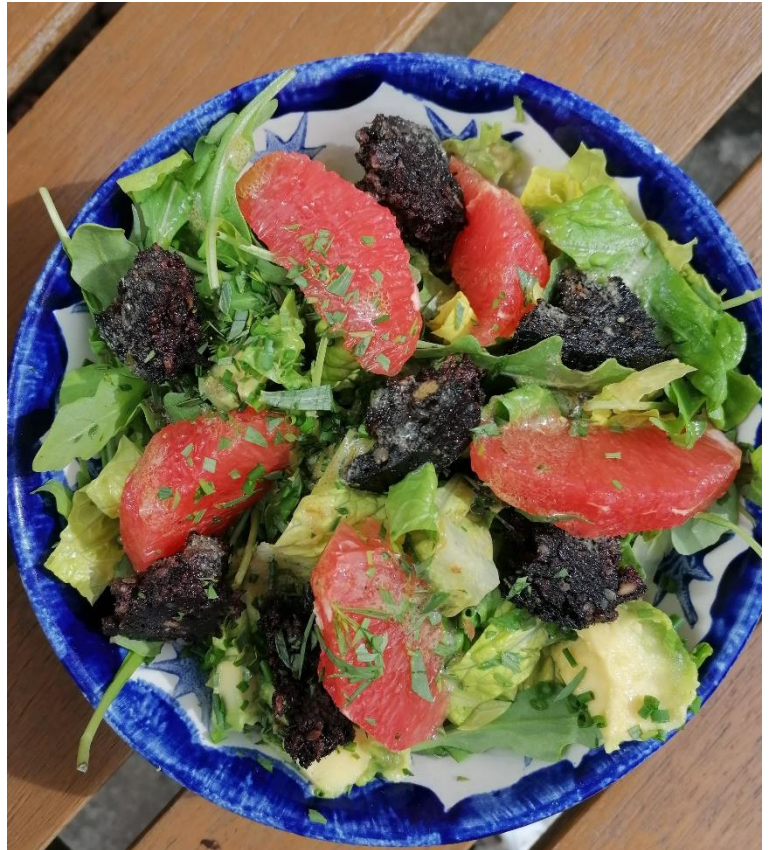
Black Pudding, Avocado & Pink Grapefruit Salad

This warm salad makes a fantastic brunch.

Serves 2

- 2 handfuls of romaine or gem lettuce
- Small handful rocket leaves
- 2 slices black pudding (about 200g)
- 1 pink grapefruit, peeled and segmented
- ½ avocado, cut into pieces
- 1 tsp chopped chives
- 1 tsp chopped tarragon
- 4 tsp Dijon dressing

1. Cook the black pudding under the grill on both sides until cooked. Remove the casing and cut into chunks.
2. Slice the romaine or gem lettuce and toss with the rocket, avocado and half the herbs. Divide between 2 salad bowls.
3. Scatter the warm black pudding over each salad, arrange 5 grapefruit segments over the top.
4. Sprinkle over the remaining herbs and drizzle round a little dressing to serve.



Hints, Tips and Adaptations

Gluten free if using gluten free black pudding. Dairy free

Swap the grapefruit for orange

To make this vegetarian, try swapping the black pudding for vegetarian sausage.