**Leek ‘heart’ and spelt grain salad, with figs, walnuts and watercress, topped with crumbled cheese, and a pear salsa dressing**

**Serves 2**

**Cost per serve = £2.04 for 2 people**

**Ingredients - salad**

* 180g spelt grain
* 1 tbsp rapeseed oil
* 12 tbsp thinly sliced leek ‘hearts’ – the centre light green section of the entire leek
* 2 figs
* 30g watercress, stems removed
* 1.5 tbsp crushed walnuts
* 2 tbsp crumbly cheese (feta, blue cheese, or vegan cheese)

**Method - salad**

* Rinse the spelt grain under cold water. Add the rinsed spelt to a saucepan, and cover with enough cold water to cover it by at least 1.5 -2 cm. Bring to a boil, then reduce to a simmer.
* Simmer until tender, approx. 45 minutes. Meanwhile prepare the leek ‘hearts’.
* Cut the leek hearts lengthways, and cut into matchstick size pieces.
* Heat the oil in a fry pan over a medium heat. Add the leek hearts and sauté for 1-2 minutes until just tender. Remove immediately and set aside.
* Wash the watercress, crush the walnuts into rough pieces and crumble the cheese. Cut the figs in quarters lengthways, then cut into wedges.
* To assemble the salad - In a large bowl add the cooked spelt grain, stir through half of the pear salsa, and stir to combine.
* Add the watercress, half of the leek hearts and half of the walnuts. Stir through to combine. Divide the salad amongst 2 serving bowls. Top each bowl with the remaining leek hearts, walnuts, and finally the wedges of fig. Drizzle more of the salsa dressing over the top, and finally sprinkle the crumbly cheese over the top of the salad, and serve.

**Ingredients – pear salsa dressing**

* 1 tsp margarine or butter
* 2 pears, peeled and diced
* 200 ml water
* 2.5 tbsp runny honey
* ¼ tsp turmeric
* ¼ tsp cayenne pepper

**Method – salsa dressing**

* Melt the margarine or butter in a shallow fry pan on a low heat. Add the diced pears and cook until tender, but still firm and starting to golden.
* Mix the honey and water and add to the pears in the fry pan, and cook at a low simmer.
* Add the turmeric and cayenne pepper.
* Cook on the lowest heat until the pears are tender and the salsa sauce has reduced and thickened.