

APPLE, WALNUT, AND HAM SALAD

Ingredients

1 apple, peeled and chopped

5 walnuts, chopped

1 stick celery, chopped

Squeeze of lemon juice or a splash of vinegar

1 tablespoon mayonnaise

3 slices ham, chopped

1 small spoon sultanas (optional)

Salt and pepper

Large handful of washed salad leaves (optional)

Large handful of washed spinach leaves (optional)

Method

In a small bowl, mix together the apple, walnut, celery, lemon juice or vinegar, salt and pepper.

Add the mayonnaise and ham and mix thoroughly.

Place the mixed salad leaves on a plate, if using. You can dress them with a little dressing if you have some in your fridge or a little olive oil, if available.

Top the leaves with the apple and ham mixture and serve.