

Ingredients (serves 8)

- 3 tablespoons pine nuts
- 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon mustard
- 1 teaspoon honey
- 4 baby cos lettuces
- 2 punnets of cherry tomatoes cut in halves
- 160g grated light mozzarella cheese
- 1 ripe avocado diced
- 1 bunch fresh basil



Method

1. Slowly roast pine nuts in a dry frypan over medium heat for about five minutes or until they are a golden brown colour. Transfer pine nuts onto a plate to cool and set aside
2. To make the dressing, combine the olive oil, balsamic vinegar, mustard and honey. Mix well
3. Cut off the base of the cos lettuces and carefully separate the leaves. Rinse leaves, then place all of the leaves on a serving tray
4. Divide the tomato, avocado, mozzarella and pine nuts between the leaves, filling them like “cups”
5. Drizzle some of the dressing onto each cup
6. Garnish each lettuce cup with a basil leaf. Serve immediately