



The ONLY Parmesan

Parmigiano Reggiano cheese, pomegranate and wild rocket salad with cumin mandarin dressing



This zesty summer salad with Parmigiano Reggiano Cheese is perfect for a light lunch and is extremely easy to prepare. Simply mix toasted cumin seeds with mandarin juice, olive oil, honey, and white wine vinegar to make the sweet citrusy dressing. Pour over crispy rocket leaves and top with chunks of original Parmigiano Reggiano cheese for a light and refreshing meal.

Serves 4

100g wild rocket

½ pomegranate

2 tbsp pumpkin seeds

40g pistachios, roughly chopped

Sprigs of lemon thyme, to garnish

20g Parmigiano Reggiano cheese, shaved

Dressing:

½ tsp toasted cumin seeds

Finely grated zest and juice of 1 large Clementine

1 tbsp olive oil

1 tsp runny honey

2tsp white wine vinegar

Salt and black pepper

Cooking instructions...

- Lightly toast the cumin seeds in a non-stick pan and quickly mix in the Clementine juice. Then, combine the remaining ingredients for the dressing and season to taste. Leave to cool
- Assemble the salad by placing a large handful of rocket on each of 4 serving plates. Scatter the pomegranate seeds, pumpkin seeds, pistachios and lemon thyme over each salad
- Drizzle the dressing over each salad and finish with freshly chunked Parmigiano Reggiano cheese

Cook's tip: The dressing for this salad can be prepared well in advance and benefits from a little time in the fridge, just make sure that you spend time perfecting the seasoning

Parmigiano Reggiano cheese is the only cheese that can be called 'Parmesan'. It is one of the world's oldest and richest cheeses - still produced today as it was nine centuries ago. Totally natural - it's the only cheese that has such an extensive maturation which improves the nutrition, aroma and taste. The use of raw milk and the richness of natural ingredients make this cheese a unique and superior product - It takes 16 litres of milk to produce one kilogram of cheese! The minimum maturation time for Parmigiano Reggiano cheese is 12 months, but only when it reaches approximately 24 months of age, is it at its best. As well as having fantastic nutritional qualities, it's easy to digest and is high in calcium.

Parmigiano Reggiano cheese is a PDO (Protected Designation of Origin) product. PDOs are defined and protected by European Union law in order to defend the reputation of regional foods. This mark ensures that Parmigiano Reggiano cheese can only be produced in designated areas near Parma and using specified artisan methods.