

DISCOVER. CREATE. ENJOY

Peeled Williams PEAR

Forest Feast Williams Pears are grown in South Africa's Western Cape, where they are hand sorted, peeled & gently oven dried to ensure the light golden colour and delicate flavour is perfectly preserved.
Deliciously sweet and ready to eat.



30g of dried fruit equates to one of your five-a-day.

Create | **Pear, Halloumi, Pecan & Chicory Salad** | Brush 120g Pear Slices & 125g Halloumi Strips with some oil. Add to a hot pan with some red onion wedges for 1-2 mins until charred. Mix together 2 tablespoons each of lime juice, maple syrup & extra virgin olive oil in a large bowl. Season with salt & pepper. Toss 150g baby salad leaves & some chicory leaves in the dressing. Top with the grilled pear slices, halloumi & red onion. Sprinkle with pomegranate seeds & toasted chopped pecans.



Ingredients: Pears, preservative (**sulphur dioxide**).

Allergy Advice: See ingredients in **bold**. As well as our delicious fruit, our team also prepare peanuts, nuts and sesame seeds in our roastery.

NUTRITIONAL: TYPICAL VALUES	PER 100g
ENERGY	1096kJ /262kcal
FAT	0.7g
OF WHICH SATURATES	<1.0g
CARBOHYDRATES	70.0g
OF WHICH SUGARS	70.0g
FIBRE	11.3g
PROTEIN	1.8g
SALT	0.07g

Best Before End:

STORAGE: Store in a cool dry place.
Once opened, use within one week.
enquiries@forestfeast.com

KESTREL FOODS LTD, UNIT 8 CARN DRIVE,
PORTADOWN, CO. ARMAGH, BT63 5WJ

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