



EVA HUMPHRIES' HAM HOCK SALAD

A satisfying salad that can be assembled with precooked ingredients and lasts well in the fridge for a few days – the ideal packed lunch. Prepare a few portions ahead of time and keep them in the fridge for a tasty, nutrient-dense grab and go lunch.

Prep time 10 minutes | Cook Time 10 minutes | Serves 2

FOR THE SALAD

120g frozen peas, defrosted
2 Clarence Court Burford Brown eggs,
hard boiled
3 medium Desiree potatoes, boiled
Large handful of watercress, rocket or sorrel
80g smoked ham hock, cooked
Sea salt
Black pepper

FOR THE DRESSING

1 teaspoon dijon or whole grain mustard
1 teaspoon honey
1 tablespoon red or white wine vinegar
2½ tablespoons olive oil

Whisk the dressing ingredients together until fully combined. Take the salad ingredients and divide them between two plates.

Season with a pinch of sea salt and some freshly ground black pepper and drizzle the dressing over the salad and serve immediately.

If you are having this as a packed lunch then leave the dressing off it and pour it on just before eating it.



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