



## Warm Salad with Haggis and/or Black Pudding

makes 2 servings

*I am in the fortunate position of knowing and occasionally working with Jo Macsween, the driving force behind Macsween of Edinburgh [www.macsween.co.uk](http://www.macsween.co.uk) who, in my view make simply the best haggis in the world. She published **The Macsween Haggis Bible**, a delightful little book which addresses haggis mysteries, quashes a few haggis myths and offers an inspiring selection of recipes which show haggis off at its very best. Here's one that ticks a whole load of fat busting boxes AND... don't hesitate to try black pudding in place of, or in addition to the haggis. I have tried all versions and they really work!*

### Ingredients

3 heaped teaspoons coarse grain mustard  
6 tablespoons extra virgin cold-pressed olive oil  
1 tablespoon white wine vinegar  
Sea salt  
Freshly ground black pepper  
1 x 130g packet 'microwave in 60 seconds' traditional or vegetarian haggis **or**  
130g black pudding **or** a mix of both  
100g baby salad leaves  
½ Granny Smith apple, peeled, cored and finely diced  
50g red onion, peeled and very finely sliced

### Method

- To make the mustard dressing, whisk the mustard and vinegar together, blend in the oil, season and put to one side.
- Heat the haggis in the microwave or grill the black pudding (or both), arrange the salad leaves on the plates, gently pour over the dressing, break up the haggis/black pudding, place on top of the leaves and garnish with the apple and red onion.