

Leafy Green Salad



AT ALL TIMES OF THE YEAR, THERE WILL BE SOME SALAD GREENS THAT ARE SEASONAL FROM THE GARDEN WHETHER ITS LETTUCE, ROCKET, SORREL OR HERBS.

PREP. TIME 15 mins

COOKING TIME -

SERVES 4

INGREDIENTS

For the dressing

Juice of one lemon or 3 tablespoons of vinegar

2 tablespoons of olive oil

1 garlic clove peeled, crushed with the side of your knife and chopped

Salt and pepper

Salad ingredients

4 cups of mixed salad leaves preferably freshly harvested from a local garden (Lettuce, Rocket)

2 cups of mixed small leaves (parsley, mustard greens, basil, sorrel, chives, dill)

EQUIPMENT

Colander

Tea towel

Chopping board

Knife

Citrus juicer

Method

1. Place salad ingredients in a colander and run water over them lightly. Move leaves around with your hands to wash.
2. Chop the smaller herbs such as parsley, chives, dill.
3. Leave the leaves in the colander to dry while you prepare the salad dressing.
4. In the small jar add crushed garlic, lemon juice or vinegar, olive oil, salt and pepper and shake
5. Add all green ingredients to a bowl and pour over the dressing.