



# Seasonal Garden Salad

**Feeds: 4-6. Season: All.**

Vary your salad ingredients according to the seasons, including leaves and herbs of different shapes and colours, both bitter and sweet. You can add seeds, and edible flowers like borage, nasturtium or even young chive flowers (edible flowers are easy to grow in pots). Make sure you wash and dry the salad leaves very gently, without bruising them.

## Equipment

- measuring cups (1 cup, ¼ cup)
- measuring spoon (tsp)
- chopping board
- cook's knife
- whisk or fork
- citrus juicer
- grater
- tongs
- bowls (1 large, 1 small)



## SEASONAL OPTIONS

Summer and Autumn: Basil, Beans, Capsicum, Cucumber, Tomato

Winter and Spring: Beetroot, Broccoli, Carrot, Fennel, Peas, Snow Peas

## What to do

1. Place the dressing ingredients in the small bowl and mix well using a whisk or fork.
2. Place the salad leaves, herbs and vegetables into the large bowl and top with the dressing.
3. Gently toss the salad using tongs or your clean hands.
4. Season to taste (optional). Enjoy!

## Ingredients

### For the salad

- 4 cups mixed salad leaves
- 1 cup seasonal vegetables, sliced or chopped
- 1 cup soft-leaved herbs (such as parsley, mint, coriander and basil)

### For the classic vinaigrette dressing

- ¼ cup extra virgin olive oil
- juice of 1 lemon, or 3 tsp balsamic vinegar
- 1 garlic clove, peeled and finely chopped or crushed