

'whats in the garden' salad

Equipment:

measuring spoon & cup, bowl, chopping board, knife, salad spinner, grater, serving tongs, glass jar with tight fitting lid, grater

Ingredients:

salad

lettuce leaves
1 beetroot
2 carrots
mint
beans
chives

dressing

juice of ½ a lemon OR
vinegar
olive oil
1 clove garlic
1 tspn honey
murray river salt &
freshly ground pepper to taste

method:

Wash and spin dry all leafy and small vegies.

Scrub beetroot and carrot, and cut off hairy bits!

TEAR lettuce into pieces, put into a large bowl.

Finely chop herbs and thinly slice beans; add to bowl.

Grate carrot and beetroot CAREFULLY and stir through salad.

Just before serving toss salad and mix through dressing.

dressing:

Measure the juice, tip into jar, then add ½ the amount of olive oil. **e.g.** if there is ½ a cup of lemon juice, put ¼ cup of olive oil.

Crush and finely chop garlic, and add to oil and juice along with the honey. Shake or stir thoroughly and season with salt and pepper.

PLEASE TASTE BEFORE SERVING.