

Garden Salad

<p>Equipment: Measuring cups and spoons Peeler Knives Chopping board 1 large mixing bowl 3 serving dishes Salad servers Salad spinner</p>	<p>Ingredients: <u>Salad</u> 1 iceberg lettuce (or 2 cos lettuce) 1 red capsicum 1 long cucumber 2-3 Roma tomatoes 3-4 spring onions, finely chopped 1 handful parsley, washed and finely chopped</p> <p><u>Dressing</u> 1 clove garlic, peeled and crushed 50ml lemon juice 125ml olive oil 1/2 tsp. garlic salt to taste</p>
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What to do:

1. Make the dressing: place all the ingredients in a bowl and whisk to combine. Taste and adjust flavours if necessary.
2. Tear the lettuce leaves into pieces. Wash and dry the lettuce in the salad spinner. Place into the large mixing bowl.
3. Chop the capsicum and into fine slices, removing the stalk, core and seedy parts. Add to the lettuce.
4. Wash the cucumber (and peel it if the skin is tough). Chop into bite sized chunks and add to the other ingredients.
5. Wash the tomatoes and cut into segments. Add to the mixing bowl.
6. Remove outer layers of the spring onions and trim the ends. Cut the inner stalks into fine slices and add to the salad with the finely chopped parsley.
7. Just before serving, add about half the dressing to the salad and toss to coat well. Add dressing little by little until salad ingredients are well covered – taste and adjust the seasoning with garlic, salt and pepper.