

Caesar salad:

Ingredients for the salad.

* 2 cos lettuces

* 6 slices of sour dough

* 4 eggs boiled, peeled and chopped.

* 200 grams edamame

* mix of leaves from the garden, rocket etc.

* parmesan cheese shavings

* radishes finely sliced

* snowpeas / snap peas chopped.

* celery finely chopped.

dressing ingredients:

* 2 cloves of garlic

* 5 capers

* 1/4 cup greek yoghurt

* 2 tablespoons of extra virgin olive oil

* 2 teaspoons of apple cider vinegar

* 1 teaspoon of dijon mustard.

* ground pepper and sea salt.

* 2 tablespoons of honey.

method:

1. Wash all leaves in salad spinner

2. Slice your bread into cubes, and pan-fry in olive oil till crispy and golden brown.

3. Place your edamame in boiling water until just soft. Drain into a colander, run cold water over, then remove pods.

4. Place eggs into a small saucepan of

4. continued - Remove and place in a colander
Cool your eggs by running cold water
over your eggs. Peel and chop the eggs.

5. Place all your leaves onto two
platters, add all your chopped vegetables,
crotons and eggs.

6. Shave some parmesan over the top
of your salad.

7. To make your dressing

* Crush your garlic, place in a mortar and
pestle along with your capers and grated
parmesan, pound until you have a paste.
(If too dry add some lemon juice).

In a medium jar add all remaining
ingredients along with your garlic paste.
Shake till dressing is well blended.

8. Pour dressing over your salad
and Enjoy!