



Summer Salad

Ingredients

- Lettuces 2 shredded
- Cucumber 2 diced
- Capsicum 1 diced
- Eggs 4 peeled and diced
- Parsley leaves finely chopped
- Chives a handful finely chopped.
- A handful of washed Rocket
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Method

- Place lettuces then rocket and then herbs into salad spinners. Wash well
- Find a small saucepan, with water then carefully place your eggs into the pot.
- Place on high heat and boil for 5 minutes. Ask an Adult to drain them for you then run cold water over the eggs until cool enough to handle.
- Peel your eggs, then chop finely.
- Dice your cucumbers and capsicum.
- Shred your lettuce and finely chop your herbs.
- Place all ingredients into one large bowl, add dressing then place on 2 platters
- DRESSING
- In a small jar add the following, then mix.
- 2 teaspoons of mustard
- 1 teaspoon of balsamic vinegar
- 1 cup of yoghurt
- 1 lemon squeezed
- 2 teaspoons of honey