



Green Garden Salad with Avocado dressing

Ingredients;

- 2 ~~cos~~ lettuce
- Small handful of red vein sorrel
- 1 cup of ~~Cherry tomatoes~~, halved *use pickled onion, sliced*
- 3 radish, sliced thinly
- Handful of rocket
- ½ red onion, sliced thinly
- Add on;
- ~~Optional~~; ½ cup of ~~pepita or~~ sunflower seeds
- 3 Tuscan Kale, stripped and sliced finely

For the Dressing:

- ½ avocado
- 1 tsp Dijon mustard
- 1 Tbl Apple cider vinegar
- 1 Tbl Maple Syrup
- Salt and Pepper
- A Squeeze of lemon juice

1. Wash and gently spin dry the lettuce and other green leaves.
2. Slice the onion, radishes and tomatoes
3. Toast off the handful of pepitas or sunflower seeds, using a tray in the oven on 160oC for 10-12 mins
4. Mix the salad together in a large bowl and make the dressing;
5. Blend all the ingredients for the dressing and dollop over the salad.
6. Mix and serve.