Italian Chopped Salad

**Ingredients**

3 small lettuce, washed well

2-3 leaves radicchio

Small bunch red vein sorrel

3 rainbow chard stems and leaves

2 cups rockets

1 small red onion (about 1 cup)

1 can chickpeas, rinsed and drained

1/3 cup sun-dried tomatoes, chopped small

2-3 stems celery, finely sliced

*Italian vinaigrette*

1/3 cup extra-virgin olive oil

1/3 cup red wine vinegar

1 Tbsp Dijon mustard

2 tsp dried oregano

1 tsp honey

2 cloves garlic

10 twists freshly ground black pepper

¼ tsp salt, plus one pinch

Pinch of ground pink peppercorns

(or red pepper flakes)

2 small carrots, washed well and sliced thinly, tops chopped roughly.

**Method**

In a large serving bowl, combine the chopped lettuce, radicchio, onion, celery, carrot, rocket, rainbow chard, sun-dried tomatoes, chickpeas. Toss the ingredients together and set aside.

To prepare the dressing, combine all of the ingredients in a liquid measuring jug. Whisk until blended. Taste, and add more salt if the dressing doesn’t knock your socks off.

When ready to serve the salad, go ahead and drizzle enough dressing in to lightly coat the salad and toss to combine.



Radicchio- a bitter salad leaf