

SIMPLE MIZUNA SALAD



Ingredients

- 1 large bunch of mizuna
- 2-3 radishes, very thinly sliced
- 2-3 tablespoons extra virgin olive oil
- 1 tablespoons fresh lemon juice + additional to taste
- flakey sea salt
- 2 Tablespoons sunflower seeds, lightly toasted on the stovetop (in a frypan)for a few minutes
- a few thin slices of fresh Parmesan cheese
- a few sprigs of cress, or fresh herbs like coriander or parsley, if available.

Preparation

In a large bowl toss the mizuna with the radishes and drizzle in the olive oil and lemon juice. Toss well. Sprinkle the salad with a few healthy pinches of flakey sea salt, the toasted sunflower seeds, shaved parmesan (if using) and micor greens (if using). Serve immediately.

Notes

*Use this recipe as a guide. Rocket is a perfect substitute salad leaf if Mizuna is not available._____