**Soft Herb Salad**

**Ingredients**

1 lettuce, washed and spun

2 cups rocket

½ cup mint leaves

1 cup parsley

2 Tbsp oregano leaves

¼ cup sunflower seeds

¼ cup pumpkin seeds

½ cup parmesan, shaved pieces

½ cup fresh peas, washed and sliced

2 Tbsp borage flowers (or other edible flowers if available)

**Dressing**

½ lemon, juiced (about 1 Tbsp)

3 Tbsp olive oil

1 tsp salt

Pepper

**Method**

Wash and spin dry all greens and herbs

Slice lettuce, slightly chunky. Pick leaves from herbs and slice finely. Add to the bowl with washed rocket and lettuce.

Toast seeds. Stirring in a medium hot frying pan or on a tray in the oven, set at 160oC, for 10 minutes. Allow seeds to cool a little.

Make dressing; Add salt to the lemon juice and stir until salt is dissolved. Add Olive oil and whisk with pepper until thickened (emulsified).

Shave Parmesan cheese until you have the required amount. Set aside.

Once they have been topped and tailed, slice the peas thinly.

Add dressing, peas and seeds to the greens and mix (toss) gently with salad servers. Use a few borage flowers to decorate. Sprinkle over the cheese. Serve.