

# Leafy Greens Salad

## Ingredients:

Mixture of leafy greens – your choice of:  
Iceberg – butter-head – cos (romaine) –  
red leaf lettuce – endive – rocket –  
dandelion – watercress – kale.  
1 cucumber thinly sliced

## French Dressing

1 tablespoon red wine vinegar  
1 tablespoon apple cider vinegar  
1 teaspoon Dijon mustard  
100 mls olive oil  
1 clove garlic crushed (optional)

## Harvest:

Rocket  
Kale  
Red leaf lettuce

## Method:

1. Wash all the greens and dry using a salad spinner. Place into a large bowl. Add the thinly sliced cucumber.

2. Make the dressing by mixing the vinegar and mustard first, then add the garlic, and whisk in the olive oil until creamy looking and emulsified. You can also combine the dressing by placing all the ingredients into a screw top jar and shake vigorously to form an emulsion.

Season with a little black pepper and sea salt if required.

Pour dressing over the salad and mix through just before serving.

