



## MIXED LEAF SALAD WITH AVOCADO DRESSING

**Season:** Any time  
**From the garden:** *Lettuce, rocket, avocado, lemon, parsley, chives*  
**Type:** *Side*  
**Difficulty:** *Easy*  
**Country of origin:**  
**Serves:** *4 serves or 35 tastes*  
**Source:** [www.jessicaseinfeld.com](http://www.jessicaseinfeld.com)

### Equipment

- \*colander
- \*blender
- \*lemon juicer
- \*chopping board
- \*salad bowl
- \*measuring spoon
- \*knife

### Ingredients

- \*4 large handfuls of mixed salad leaves
- \*1 ripe avocado
- \*handful of parsley, a few chives
- \*1 tbsp. lemon juice
- \*1 tbsp olive oil
- \*1 clove garlic
- \* $\frac{1}{2}$  salt and pepper to taste
- \*6 tbsp water

### Method

1. wash the salad leaves, tear the big ones into bite size pieces and let them drain in a colander
2. cut lemon in half and juice, peel garlic, wash herbs
3. cut avocado in half, remove the stone and scoop out the flesh

**4.to make the dressing, add the avocado, lemon juice, garlic, herbs, oil, salt and pepper and the water to the blender and blitz until smooth. add more water if too thick**

**5.dress the salad leaves with the dressing just before serving. Mix well**

**Note: Tomatoes, cucumber, capsicum etc. could be added too**