



MIXED LEAF SALAD WITH AVOCADO DRESSING

Season: all year
From the garden: *mixed salad leaves (lettuce, rocket, baby spinach, mustard greens, mizuna etc.) , garlic, lemon, avocado, parsley, chives*
Type: *salad,*
Difficulty: *easy*
Country of origin:
Serves: *4 serves or 35 tastes*
Source: 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 lemon
- *1tbsp 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