



## MIXED LEAF SALAD WITH HONEY MUSTARD DRESSING

<b>Season:</b>	all year
<b>From the garden:</b>	<i>mixed salad leaves ( lettuce, rocket, baby spinach, mustard greens, mizuna etc.) , garlic, lemon.</i>
<b>Type:</b>	<i>salad,</i>
<b>Difficulty:</b>	<i>easy</i>
<b>Country of origin:</b>	
<b>Serves:</b>	<i>4 serves or 35 tastes</i>
<b>Source:</b>	<i><a href="http://www.annabel-langbein.com">www.annabel-langbein.com</a></i>

### Equipment

- \* colander
- \*big bowl
- \*measuring cup
- \*measuring spoons
- \*jam jar with a lid
- \*garlic press
- \*lemon juicer

### Ingredients

- \*4 large handfuls of mixed salad leaves
- \*1 ½ tsp honey
- \* 1 tsp mustard
- \*1 tbsp vinegar
- \*1/4 cup olive oil
- \*½ clove of garlic
- \*salt and pepper to taste
- \* juice of half a lemon (optinal)

### Method

1. wash the salad leaves, tear the big ones into bite size pieces and let them drain in a colander
2. if using creamed honey, warm it up in the microwave for 20 second to make it liquid
- 3.to make the dressing mince the garlic in a garlic press, juice the lemon and put all the ingredients in the jam jar. give it a good shake.

**4.dress the salad leaves with the dressing just before serving. mix well**

**Notes: lots of other things can be added in with the leaves. like diced avocado, pickled beetroot and steamed broccoli for a winter salad.**