



MIXED LEAF SALAD WITH HONEY MUSTARD DRESSING

Season:	all year
From the garden:	<i>mixed salad leaves (lettuce, rocket, baby spinach, mustard greens, mizuna etc.) , garlic, lemon.</i>
Type:	<i>salad,</i>
Difficulty:	<i>easy</i>
Country of origin:	
Serves:	<i>4 serves or 35 tastes</i>
Source:	<i>www.annabel-langbein.com</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
- *juice of one lemon
- *1/4 cup olive oil
- *½ clove of garlic
- *salt and pepper to taste

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.