



# Summer Salad

Just what you need when the weather gets warm. Have this on its own as a light meal, make it more substantial with the potatoes or use it as a side dish with one of our other recipes



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## Allergen info

- \* Mustard
- \* Eggs – mayonnaise
- \* Fish - fish

## Equipment

Knife, chopping board, wooden spoon, jam jar, peeler, mixing bowl

## Ingredients

- Lettuce – any
- Tomatoes - chopped
- Courgette – grated
- Cucumber finely sliced
- Spring onion or ¼ red onion finely sliced
- Peas
- Cooked potatoes, cut into slices or cubes

### Dressing

For a standard salad dressing all you need is (any) vinegar and (any) oil and then add mustard or mayonnaise, season and mix well

- 2 tablespoons (tbsps.) of vinegar (white/ red wine, cider)
- 6 tbsp. of oil
- 1 teaspoon (tsp.) of mustard or mayonnaise
- Salt and pepper

## Optional Extras

- \* Grilled chicken or a tin of fish would go well with this
- Mix in some grains or pulses too to bulk it out

### Add different veg:

- Grated carrots; Sliced onion; Peppers; Peas; Beans; Spinach leaves

## Method



Serves 4



1

### To make the dressing

Put the ingredients in jam jar, put the lid on and shake well. This will keep for a few days in the fridge if you have some left over



2

Remember to shake it before using, as the oil and vinegar will separate



3

### To prepare a simple salad

Select lettuce leaves and tear or slice the leaves



4

Wash and put in a bowl



5

Slice the cucumber or courgette thinly – you can use a potato peeler to do this.



6

Wash and prepare the other ingredients and put in the bowl



7

Pour a tablespoon of dressing over the leaves and mix together using two spoons to lightly coat the vegetables with the dressing



8

You can add some cooked chicken or tuna, or a meat substitute, to make this a hearty salad

