



# GREEN SALAD WITH FRENCH VINAIGRETTE



## INGREDIENTS

### SERVES 6

- A selection of lettuce leaves / rocket
- 1 clove of garlic
- 3 tbsp olive oil
- 1 tbsp vinegar
- 1 tsp dijon mustard
- salt and pepper

## FROM THE GARDEN

- Lettuce / Rocket leaves

## EQUIPMENT

- Chopping board
- Sharp knives
- Measuring spoons
- Small whisk or fork
- Small bowl
- Serving bowl

Jupiter - Rocket: cut off outer stems

Ceres - Lettuce: cut off outer leaves

## INSTRUCTIONS

1. Go to the garden and pick a selection of lettuce and some edible flowers. You will need a basket and some scissors. Bring back to the kitchen.
2. Separate out the leaves of the lettuce. Wash and spin dry the lettuce leaves.
3. Break the leaves up into bite size pieces if necessary and place in the serving bowl.
4. To make the vinaigrette, crush the garlic then measure out the remaining ingredients into the small bowl. Whisk vigorously until the ingredients are combined. This process is called *emulsification*. You are combining two ingredients (oil and a water based liquid, in this case vinegar) that wouldn't ordinarily mix easily. Season with salt and pepper.
5. Dress the salad leaves by pouring on the vinaigrette and gently tossing the leaves until they are coated.

