



Cherry tomatoes, lettuce, cucumber, spring onions and pepitas salad, with parsley vinaigrette

Equipment

- bowls
- platters or large plates
- blender
- chefs knives
- chopping boards

What to do

1. Rinse, spin and dry the lettuce leaves.
2. Rinse and cut the tomatoes (in half), the cucumbers (in small square pieces).
3. Blend dressing ingredients together.
4. Place handfuls of lettuce on a large plate, add the tomatoes and cucumbers on the top. Finish with pepitas and drizzle dressing over the top of the salad.
5. Season with salt and pepper. Enjoy!

Salad Ingredients

- 2 lettuces
- 2 cucumber
- 20 cherry tomatoes
- 1 handful of pepitas

Vinaigrette ingredients

- 2 cups parsley (leaves and stems, blended)
- 1/2 cup olive oil
- 3 tablespoons fresh lemon juice
- 1/2 tablespoon cider vinegar
- 1 garlic clove, crushed
- 2 spring onions

From The Garden

- lettuce
- cherry tomatoes
- cucumber
- onions
- parsley