



# SALAD OF THE IMAGINATION



This recipe uses whatever salad ingredients and soft herbs from the garden that are in season. This week we are using Rocket, Tomatoes, Cucumber, Basil, Parsley & Chives.

## INGREDIENTS

SERVES 6

- A bunch of rocket leaves
- 3-4 tomatoes
- 2 cucumbers
- A bunch of fresh herbs
- ½ cup of sunflower seeds

## FROM THE GARDEN

- Rocket
- Tomatoes
- Cucumbers
- Herbs

## EQUIPMENT

- Salad spinner
- Chopping boards
- Sharp knives
- Small frying pan

## INSTRUCTIONS

1. Wash all the vegetables and herbs well.
2. Dry the rocket using a salad spinner.
3. Chop the tomatoes and cucumber into bite size pieces.
4. Pick the leaves from the herbs, chopping any that are large.
5. Using a small frying pan, dry roast the sunflower seeds over a medium heat until just starting to brown. Be careful not to burn them!
6. Place all the ingredients in a salad bowl or platter - start with the rocket leaves, then place the heavier vegetables on top. Finish by sprinkling the herbs and sunflower seeds over the top.
7. Dress the salad using the French Vinaigrette.