Mr Thomas’ Group

Avocado, Leaf and Crouton Salad

Season: All year  Type: Salad  Difficulty: Medium

Recipe Source: good food and taste  From the Garden: lettuce, avocado, herbs

### Equipment:
- Knives
- Chopping board
- Herb chopper
- Baking tray
- Baking paper
- Tablespoon
- Garlic crusher
- bowl
- Teaspoon
- Screw top jar
- Salad spinner
- Salad bowl

### Ingredients:

**Salad**
- Mixed salad leaves (lettuce, rocket, parsley, coriander)
- 2 ripe avocados

**Croutons**
- 6 slices of bread
- 3 cloves garlic
- thyme
- Parsley
- 3 tablespoons olive oil

**Dressing**
- 1 teaspoon Dijon mustard
- 1 tablespoon wine vinegar, any type
- 3 tablespoon extra-virgin olive oil

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- **What to do:**
- Firstly prepare croutons
- Preheat oven to 200°C
- Line a large baking tray with baking paper.
- Remove the crust from the bread
- Tear bread into 3cm pieces.
- Place in a bowl.
- Crush the garlic and place in a small jug
- Chop a small amount of thyme and parsley leaves very finely and add this to the jug.
- Whisk in the oil.
- Pour over the bread and toss to coat. Arrange bread mixture, in a single layer, on prepared tray.
- Season with salt and pepper.
- Bake for 10 to 12 minutes or until browned and crisp.
- Cool on tray.
- To make the dressing combine all the ingredients in a screw top jar and shake well
- Wash the leaves well and spin in the salad spinner
- Place into a serving bowl
- Peel and chop the avocados
- Place into the salad
- Just before serving drizzle the dressing over the leaves and gently fold through
- Sprinkle with the cooled croutons