Season: All year
Type: Salad
Difficulty: Easy
Serves: 20 tastes
Fresh from the garden: lettuce, rocket, herbs, silverbeet, beetroot, tomatoes, cucumber, lemon

What to do
- Wash lettuce, rocket, herb leaves and silver beet well.
- Spin dry in salad spinner.
- Tear into pieces and place into bowl
- Peel beetroot and using “stripper” cut into ribbons, place into bowl
- Cut tomatoes into pieces, place in bowl
- Cut cucumbers in half and place into bowl
- Lightly toast the seeds and leave to cool
- To make dressing place all ingredients into the jar and shake well.
- Toss the salad gently and place into serving bowl
- Drizzle with dressing and sprinkle with seeds

Equipment:
Knives
Chopping boards
Salad spinner
Peeler
Blue vegetable “stripper”
Small frypan
Wooden spoon
Screw top jar
1/3 cup measure
Tablespoon measure
Teaspoon measure
Juicer
bowl
Serving bowl and salad servers

Ingredients
Lettuce Rocket Herbs Silver beet
Beetroot Tomatoes Cucumbers

Dressing
1/3 cup olive oil
1 ½ tablespoons fresh lemon juice
1 teaspoon caster sugar
1 teaspoon Dijon mustard
Salt and pepper

Topping
1 tablespoon each Pepita and sunflower seeds

NOTE: You will have to make a second small salad for Mr Thomas without the cucumber.