

Salad of the Imagination

INGREDIENTS:

- 2 tablespoons (40ml) olive oil
- 2 tablespoons sunflower oil
- ½ teaspoon honey
- 1 teaspoon wholegrain mustard
- ½ lemon, juice
- Large bowl of mixed leaves
- Medium bowl of mixed small leaves and flowers

METHOD:

FOR THE SALAD:

1. Fill sink with cold water and immerse your chosen salad leaf and edible flowers in the water to wash. Gently lift out with your hands and place into colander on draining board.
2. Spin in salad spinner (or mix/toss with hands) then place into a large bowl

FOR THE DRESSING:

1. Measure oil into a jar and add honey, mustard and lemon juice
2. Replace lid and shake to emulsify
3. Taste and adjust flavours to your liking. Add a pinch of salt and little more honey if necessary.
4. Refrigerate until ready to use
5. Pour over bowl of salad greens and gently toss with clean hands or salad servers.
6. Divide evenly and garnish with edible flowers