

SALADS



Nothing can be more evocative of a lovely summer's lunch than a big bowl of salad such as this one of mixed lettuce leaves, avocado and tomatoes, but there are so many salad options to enjoy all year round...and of course, most will be vegetarian too.



Such as a salad of mixed leaves, beetroot, celery and cucumber for lots of colour.



Or a simple salad of lettuce, tomato, spinach and boiled egg.



Romaine lettuce, avocado, cucumber, gherkins, peas, and edamame beans.

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Salad of rocket, butter beans, salmon, radishes, onion and orange.



Salad of rocket, fennel, peppers, mushrooms, and puy lentils.



Salad of lettuce, tomatoes and Gouda cheese.



Baked salmon on a salad of lettuce, peppers, celery and tomatoes.

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Asparagus with egg mayo on sourdough toast with tomatoes.



Courgette, tomato, and goat's cheese frittata with salad.



Salad of prawn, lettuce, spinach, tomatoes & mayo.



Chicken salad with spinach, steamed broccoli, tomatoes, lettuce and olives.

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Salad of spinach, endive, celery, cucumber, mushroom and red pepper.



Lettuce, tomato, spinach and egg salad.



Salad of spinach, puy lentils and feta cheese... with added new potatoes.



Salad of sweetcorn, cucumber and tomato.

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A good dressing is always an important part of salad preparation and should be added at the last minute.

*Ingredients for a simple dressing:
One part each of Extra Virgin Olive and Vinegar, then seasoned with mustard, salt and pepper.*



Salads need not always be about leaves. This is a delicious chicken salad, with courgettes, leek, peppers, spinach and rice.



Salad of chicken with spinach, broccoli, peppers, mushrooms sweet potato and puy lentils.



Egg salad with lettuce, fennel, tomato, and herbs.