

Everything Green Salad with Tangy Basil Dressing

Prep time: 15 mins

Cooking time: 5 mins

Serve: 2 people

Serving suggestion: as a salad

Salad:

Avocado 40g

Baby spinach Salad leaves 40g

Cucumber 40g

Green apple 40g

Celery 40g

Cos lettuce 40g

French bean 40g

Pear 40g

Watercress (Asian shop) 40g

Method:

- cut all of the above in bite size, then toss in the following:

Fresh mint leaves 15g

Fresh kaffir lime leaves 1 leaf (thinly slice/julienne)

Dressing:

Lemon juice 125ml

Thai basil leaves 15g

Frozen lemongrass 10g

White sesame seed 15g (roasted)

Roasted black peppercorn 5 (whole)

Olive oil 40g

Method:

- put all of the above into a bar blender, blend until all well mixed,

- remove from attachment and pour into ready made salad,

- ready to enjoy.