

Basic green salad

Ingredients	Equipment
<ul style="list-style-type: none">• Salad leaves (about 24)• Herb sprigs (12-16)• 2 tbsp White wine vinegar• 8 tbsp olive oil or other oil• 2-3 generous pinches sea salt• Freshly ground pepper <ol style="list-style-type: none">1. Wash and dry the salad leaves and herbs. It's important that the salad leaves are very dry. If the leaves are large, tear them into smaller pieces. Be careful not to over-handle or bruise the leaves.2. Combine the oil, vinegar, salt and a few grinds of pepper in your dressing jar.3. Strip all the leaves from the stems of the herbs and finely chop enough to make about $\frac{1}{2}$ tsp.4. Add the chopped herbs to your dressing jar. Put the lid on and shake the ingredients until they are very well combined. Taste your dressing and adjust the seasoning if necessary.5. Toss the remaining herb leaves whole through your dried salad leaves in your salad serving bowls.6. Add about $\frac{2}{3}$ of your dressing and toss all the leaves gently to make sure they are all well coated. If they are not, add remainder of your dressing and toss again. Too little dressing means your salad will lack flavour, too much and it will cause the greens to be limp and oily ☺ <p>(You may like to add quartered tomatoes, sliced fresh cucumbers, sliced red or green capsicums.)</p>	<ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• Clean, empty jar• Salad bowl/s

