

Salad

Ingredients

Cucumber – skin on. Very finely sliced

Carrot – peeled and grated on large side of grater.

Lettuce leaves – Washed – salad spinner. Chopped loosely.

Beetroot – Grated on large side of grater.

Herb dressing

Garden herbs – rock and chop

3 tablespoons olive oil

1 tablespoon honey

1 tablespoon of white vinegar

1 teaspoon salt

Place into a jar, lid tightly and shake until it emulsifies.