



Italian Garden Salad

Ingredients

serves 4

Salad

4 cups dark green leaves

½ red capsicum, sliced

½ Spanish onion, thinly sliced

1 punnet grape tomatoes, sliced in half lengthways

10 - 20 Basil leaves or fresh oregano leaves, roughly torn

1 small Lebanese cucumber, sliced

handful Kalamata olives

1 orange, sliced

Dressing

3 Tablespoons good Olive Oil

1 tablespoon good balsamic vinegar

Small Pinch sea salt

freshly cracked black pepper

1 clove garlic optional

Method

1. Wash and dry greens
2. Prepare all salad ingredients as per above.
3. Combine dressing ingredients in a jar and shake vigorously until well combined.
4. Just before serving, gently combine ingredients, reserving a little of each for garnish.
5. Drizzle half dressing over salad.
6. Transfer to a serving platter.
7. Garnish with reserved ingredients and drizzle with a little more dressing.