



Italian Garden Salad

Ingredients

serves 4

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 cucumbers, 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 prepare all salad ingredients.
1. Combine dressing ingredients in a jar and shake vigorously until well combined.
2. Just before serving, gently combine ingredients, reserving a little of each for garnish.
3. Drizzle half dressing over salad.
4. Transfer to a serving platter.
5. Garnish with reserved ingredients and drizzle with a little more dressing.