

# Tossed Salad



Serves 4

Ingredients:

1 bag of lettuce greens	2 spring onions
2 tomatoes	1 small cucumber
¼ capsicum	1 small carrot
1 small tin pineapple	Fresh picked herbs – parsley, chives, rocket

Dressing Ingredients:

¼ cup apple cider vinegar  
¼ cup olive oil  
squeeze of lemon juice  
salt and pepper

Method:

1. Break large lettuce leaves into serving bowl.
2. Grate carrot and chop other vegetables, adding to the bowl.
3. Drain pineapple and toss into the salad.
4. Combine dressing ingredients and pour over salad immediately prior to serving.