Mixed Leaf Salad with radish and salad seeds



|  |  |
| --- | --- |
| LettuceRocket LeavesRadishes1 Cucumber4 avocados1 red onion¼ cup pumpkin seeds¼ cup sunflower seeds | Dressing:80mls lemon juice4cm piece ginger4 tablespoons honey2 tablespoons Dijon mustard1.5 tablespoons soy sauce½ cup olive oil |

Method: Salad

1. Wash rocket and lettuce. Drain well and tear leaves into bite-sized pieces.
2. Halve cucumber lengthways and thinly slice.
3. Trim top and bottom of radishes and slice thinly.
4. Cut avocado in half, remove stone and remove from shell. Slice thinly.
5. Peel red onion, halve and thinly slice.
6. Toast pumpkin and sesame seeds in a frying pan, stirring occasionally until golden brown.
7. Place salad leaves on a large serving platter.
8. Top with radish, cucumber, avocado and red onion.
9. Drizzle with dressing and sprinkle with toasted seeds

Method: Dressing

1. Juice lemons until you have the amount needed.
2. Peel and finely grate ginger.
3. Measure the remaining dressing ingredients and place in a screw-top jar. Add salt and pepper. Shake well.