

6

Easy steps to successful SUMMER SALADS

Follow our 6 simple steps for delicious salads every time.

STEP 1

Something leafy

Baby gem lettuce, cos lettuce, oak leaf lettuce, lollo rosso

**STEP 2**

Something zesty

Rocket, watercress, spinach, kale

**STEP 3**

Something crunchy

Carrot, croutons, toasted pine nuts, sprouts, apple

**STEP 4**

Something different

Tuna, feta cheese cubes, boiled egg halves, sweetcorn, fried bacon bits, avocado



STEP 5

Something colourful

Pepper strips, cherry tomatoes, nasturtium leaves, edible flowers, pomegranite seeds



STEP 6

Something herby

Basil, dill, parsley, chives, mint



Making the Perfect Dressing

Use the ratio of 3:1 oil to vinegar and then try adding different things like lemon juice & zest, mustard, honey, lime, chopped shallots, chopped garlic.

Add a sprinkle of salt and a grind of pepper and you're ready to serve!



Let us know if you used our step by step salad guide. Upload your photo on Facebook and Instagram and tag us #mktsalads!

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