



Recipe _____ Summer salad _____

Serves _____ Four _____

Ingredients

- Lettuce
- Cherry tomatoes
- Carrots
- Radishes
- Sunflower seeds

Directions

Wash your hands and then you are ready to start.
Then rinse and drain the vegetables.

A bowl of salad could be one of the five portions of vegetables and fruit that we should eat every day and there is more to salad than lettuce, tomato and cucumber. Grated carrot, radishes and seeds add colour, crunch and flavour, as well as important vitamins and fibre.