

## Seasonal salad

For our seasonal salad we deliberately chose items that were available locally and fresh. As it was March, the following items were used:

One large lettuce washed and chopped or ripped apart

Apples cored and chopped into bite size pieces

Grated carrots (either do it yourself, or buy them by the bag already prepared)

Walnuts- these were Swiss walnuts and we cracked them all open ourselves, but you can buy a bag of walnuts if you prefer.

Sultanas out of a bag (not totally local, but add a little something)

Combine all the above, if you want to add bulk or protein you can add a hard-boiled egg chopped up, or feta cheese or tofu.

The dressing was a mix of walnut oil, olive oil, red wine vinegar and honey, but you can add whatever you fancy into this. Season to taste and add to the salad just before serving.