

Rainbow Salad

Adapted from a recipe courtesy of Leah Follett
www.leahfollett.com

kitchen scales
cutting board
vegetable knife
large salad bowl
small lidded jar for the dressing
measuring spoons
salad servers

1. Add to the salad bowl

150 g/ 5 oz **mixed salad leaves**

1 **carrot**, coarsely grated

¼ **medium fresh beetroot**, coarsely grated

10 **cherry tomatoes**, halved

¼ **red capsicum**, diced

¼ **yellow capsicum**, diced

½ bunch **coriander leaves**, roughly chopped

1 TBS **sunflower seeds**

1 TBS **pepitas**

2. **Add** to the jar

2 TBS **extra virgin olive oil**

1 TBS **apple cider vinegar**

½ tsp **Dijon mustard** (optional)

a grind or two of **black pepper**

4-finger pinch of **Himalayan or sea salt**

3. Just before serving, **shake** the jar, **pour** over the salad, and **toss** to combine.

