

## Simple salad with dressing

### Ingredients;

1-2 lettuces  
4 tomatoes  
1 cucumber  
1 sweet pepper  
(any vegetables you have eg carrots, silver beat, spinach, kale, broad beans, snap peas, radishes, spring onions, whatever you have)

### Method;

1. Wash all vegetables
2. Rip or chop all vegetables
3. Place in a salad bowl, mix carefully together
4. Add dressing just before serving

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### Salad dressing

### Ingredients;

Juice of 1 lemon  
3 tablespoons chopped parsley  
½ tsp cumin  
Pinch of salt  
¾ cup olive oil

### Method;

1. Put all ingredients into a jar
2. Screw lid of tight
3. Shake well
4. Pour over salad just before serving