

Green salad with parsley vinaigrette

Fresh salad leaves with a zingy dressing.



Makes extra dressing – will keep in the fridge for 1 week.

Ingredients

- 1 whole lettuce or bag of mixed baby salad greens

For dressing:

- 1 bunch parsley
- ½ cup olive oil
- ¼ cup white wine vinegar
- ½ tbsp. Dijon mustard
- ¼ tsp salt
- 1 tsp honey or maple syrup

Equipment Needed

- Salad spinner (or clean tea towel, to dry leaves)
- Blender or stick blender
- Measuring cups and spoons
- Serving platter or bowl

Notes:

- Make this a more substantial salad by adding chopped veg such as cucumber, tomato, carrot, celery etc.
- You can substitute lemon juice or apple cider vinegar for the white wine vinegar.
- Taste your dressing and adjust seasoning as required – for example if it's a bit tangy you could add a little more honey.

Method

- Wash the salad leaves and spin dry in the salad spinner, or gently pat dry with a clean tea towel.
- Use your hands to tear any really large leaves into smaller pieces.

For the dressing:

- Wash the parsley and spin or pat dry.
- Remove and discard any large stalks, smaller stalks are fine. Tear up the leaves a little bit.
- Combine parsley, oil, vinegar, mustard, salt, and honey in the blender, and blend on high speed until smooth and combined (1 minute).
 - If using a stick blender, place all ingredients in a tall container or jug before blending!

To serve:

- Arrange leaves on a platter or salad bowl and drizzle with the parsley vinaigrette just before serving.
- Best served as a side dish to a main meal.

Don't forget to clean up! ☺