Green Salad with Green Dressing

**Ingredients:**
- 4 Handfuls of Mixed Salad Leaves
- 2 Lebanese Cucumbers
- 2 Green Capsicums
- 2 sticks Celery
- 1 Avocado
- Alfalfa to garnish

For the dressing:
- ½ cup Chopped Parsley
- 1 TBS. chopped Oregano
- 1 clove Garlic
- Salt and Pepper
- ¼ cup Apple Cider Vinegar
- ½ cup Olive Oil

**Equipment:**
- Chopping board & nonslip mat
- Knives
- Measuring cups
- Large mixing bowls
- Salad spinner
- Juicer
- Grater
- Blender

**Method:**
1. Collect all ingredients and equipment
2. Quickly read the recipe, delegate jobs. Clean as you go
3. Wash and dry the salad leaves
4. Place the lettuce into a large bowl
5. Wash and de string the celery. Slice into 1 cm slices. Add to lettuce
6. Wash, halve then deseed the capsicum. Add to lettuce
7. Wash, halve then slice the cucumber. Add to lettuce
8. Mix to combine all ingredients
9. Halve the avocado. Remove the seed
10. Peel then dice the Avocado into chunks.
11. Add the avocado to the lettuce and other ingredients
12. Toss gently together with the dressing
13. Serve in bowls with some tongs on the side garnished with Alfalfa

**Dressing:**
1. Place Olive oil, apple cider vinegar, peeled garlic, parsley and oregano into the bowl of the food processor. Season with salt and pepper, blend to combine. Taste for balance of flavour.