# Rocket Avocado and Walnut Salad with Lemon Mustard Dressing

**Ingredients:**
- Rocket leaves
- Lettuce Leaves
- 1 Red Onion
- 1 Avocado
- ½ cup Walnuts

**For the dressing:**
- ¼ cup Olive oil
- 1 TBS Seed mustard
- 1 Lemon, zest and juice

**Equipment:**
- Chopping board
- nonslip mat
- Knives
- Salad spinner
- Pan for almonds
- Wooden spoon
- Spatula
- Whisk
- Bowls/mixing
- Serving bowls and tongs

**Garden Harvest**
- Rocket
- Lettuce
- Tomatoes

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**Equipment:**
1. Collect all ingredients and equipment
2. Wash the rocket and lettuce then dry. Transfer to a large bowl
3. Halve then peel the red onion. Slice thinly, add to the rocket and lettuce
4. Heat a pan on the induction cooktop then gently toast the walnuts
5. Remove from the pan to a plate to cool
6. Halve the avocado. Remove the seed then peel
7. Slice into 1cm thick slices
8. Place into the bowl with the other ingredients. Mix together gently
9. Divide between the five serving bowls
10. Drizzle the dressing over, and serve with tongs on the side

**To make dressing:**
1. Zest the lemon into a bowl. Juice the lemon, add to the zest. Add the remaining ingredients to the bowl, whisk together. Season with salt and pepper then serve.