Green Super Food Salad

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Equipment:</th>
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<tbody>
<tr>
<td>- 4 Handfuls of Mixed Salad Leaves</td>
<td>- Chopping board &amp; nonslip mat</td>
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<tr>
<td>We will use, Kale, Beetroot Leaves</td>
<td>- Knives</td>
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<td>and some lettuce</td>
<td>- Measuring cups</td>
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<td>- 2 Avocados</td>
<td>- Large mixing bowls</td>
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<tr>
<td>- 1 head Broccoli</td>
<td>- Salad spinner</td>
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<tr>
<td>- 2 handfuls Snow Peas or Peas</td>
<td>- Juicer</td>
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<tr>
<td>- ¼ cup Chia Seeds</td>
<td>- Grater</td>
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<tr>
<td>- ¼ cup Pumpkin Kernels</td>
<td>- Whisk</td>
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<tr>
<td>- 1 cup Chopped Parsley</td>
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For the dressing:
- 1 Lemon, zest and juice
- ¼ cup Apple Cider Vinegar
- ¼ cup Olive Oil
- 1 TBS. Seed Mustard

Method:
1. Read the recipe. Collect all ingredients and equipment
2. Delegate jobs. Start cooking, cleaning as you go
3. Wash and dry the salad leaves
4. Gently tear the lettuce in pieces. DO NOT MANGLE. Place into a large mixing bowl
5. Roughly shred kale. Place into the mixing bowl with the lettuce
6. Roughly shred the beetroot leaves add to the lettuce and the kale
7. Cut the broccoli into flowerets. Blanch in boiling water for 2 mins then refresh. Drain then add to the lettuce
8. Top and tail the snow peas. Julienne snow peas. Add to the lettuce
9. Zest then juice the lemon. Keep in separate bowls
10. Halve and peel the avocado. Remove the seed
11. Dice the Avocado into chunks put into a bowl then pour the lemon juice over. Toss to coat to prevent the avocado discolouring. Set aside
12. Wash, dry and chop the parsley
13. Place the Salad Greens & parsley into a large bowl
14. Add the avocado the with seeds
15. Toss gently together with the dressing
16. Serve in bowls with some tongs on the side

To make the Dressing:
1. Place Olive oil, Mustard, Vinegar and the lemon zest into the dressing shaker. Season with salt and pepper,
2. Put the lid on then shake to combine. Taste for balance of flavour, salt and pepper.