



Garden Salad With Spiced Seeds

What to collect

Ingredients	Equipment
300g mixed lettuce leaves from the garden	baking tray with baking paper
1 avocado, diced	chopping board
2 cucumbers, diced	knife
1 carrot, spiralised	scales
	metric measuring spoons/cups
spiced seeds:	spiraliser
80g mixed seeds (sunflower, pumpkin)	hand blender
1/3 cup sesame seeds	salad spinner
1 tablespoon extra virgin olive oil	
1 teaspoon sea salt	
1/2 teaspoon cinnamon	
zest of 1/2 an orange	
Vinaigrette: 2 teaspoons Dijon mustard 2 tablespoons honey 1/2 cup olive oil 1 teaspoon sea salt pepper	

What to do

1. Preheat oven to 180C.
2. To make spiced seeds, combine all ingredients in a bowl and mix well. Place seed mixture on a lined baking tray and spread out.
3. Bake for 12-15 minutes or until golden. Remove from oven and let cool.
4. Prepare salad ingredients and place on a platter.
5. To make vinaigrette, combine all ingredients in a jug. Use a hand blender and blitz until the dressing is thick and emulsified.
6. Lightly dress salad and top with spiced seeds.