

Pick 'n' Mix Summer Salad

Sometimes it's tricky to decide what to include in a tasty salad; so our advice is shove everything in and savour the summer flavours this week! This salad is very filling, and you can pick and mix your favourite ingredients with this tasty dressing. Throw in some sliced hard-boiled eggs (great with the beans), bacon or chorizo too if you like, or some feta or halloumi. Plus enjoy it guilt-free: a large serving covers most of your recommended daily portions of veg!

Serves 2-4

- 200g new potatoes, halved
- 150g trimmed French beans
- 200g tomatoes, halved/quartered
- 1 turnip, grated
- 1 carrot, grated
- 2 beetroot, grated
- handful kale/chard leaves, shredded
- handful lettuce leaves, shredded
- ½ mini cucumber, cubed
- ½ small onion, thinly sliced
- 1 avocado, peeled, destoned & sliced
- 1 garlic clove, peeled & minced
- 1 tbsp Dijon mustard
- 1 tbsp balsamic vinegar
- 1 tbsp each fresh parsley and fresh mint or basil, chopped
- 1 tbsp olive oil
- salt & black pepper



SXC

Boil the scrubbed and halved or quartered potatoes for 10-12 minutes, until just tender; add the chopped beans for the last five minutes, and drain well. Whisk the garlic, mustard, vinegar and herbs in a bowl and slowly add the olive oil; season to taste. Toss the warm beans and potatoes in the dressing, then add the rest of the ingredients (avocado last). Mix gently and serve with an extra sprinkle of salt and pepper.



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Purton
Farm Shop



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Free entry

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Camping £8/tent

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