



Burley Model Allotments

Garden Salad

Ingredients

- 50g/2oz red or white cabbage, thinly sliced
- 4 lettuce leaves, split into small pieces
- 4 carrots, peeled and thinly sliced
- 15cm/6in piece cucumber, sliced
- 2 large ripe tomatoes, sliced
- Few leaves of fresh coriander (optional)



Method

1. Mix the cabbage and lettuce and layer the bottom of a medium-sized bowl.
2. Next place a layer of carrots, followed by the cucumber slices and then the tomatoes.
3. Garnish with coriander.
4. Mix some lemon juice and freshly ground black pepper and use as a dressing for extra flavour.