

Summer Salad

Ingredients:

Mixed salad leaves – washed and dried	Dressing:
225 g of French beans – trimmed and halved	4 table spoons Olive oil
225 g Cherry tomatoes halves	Juice of a whole lemon
Half a cucumber sliced	Garlic – 2 cloves
Few grilled artichokes or use black olives as an alternative	Half teaspoon Dijon mustard
	Salt and pepper to taste

Method:

Cook the French beans in boiling water for 3 minutes, so they have begun to cook but are still green.

Remove from boiling water and put them in a bowl of cold water.

Drain the water and add the beans to the other salad ingredients in a salad bowl.