



Red leaf salad

For a well rounded meal, be sure to add an extra source of protein to this dish. Such as a couple of slices of ham, chicken or turkey in order to maintain your energy to keep you going through until your need meal.

Ingredients

- 3 TBS white wine vinegar
- 3 TBS walnut oil
- 6 TBS olive oil
- 100g lamb's lettuce
- 2 heads radicchio
- 4 heads red chicory
- 200g walnuts, toasted and roughly chopped



Serves 6

Method



1. First, make the dressing: put the white wine vinegar, walnut oil and olive oil in a jar, season and shake well to mix. Set aside
2. Tear all the salad leaves into bite-sized pieces and put into a large bowl
3. Add the walnuts and toss to mix
4. Shake the dressing again, then pour over the salad and toss well

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