



## 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

The Grange  
Welford Road

## We've updated our policy regarding how we treat and protect your data.

Please read our Privacy and Cookie Policy anytime for more information. This site uses cookies to help you have a good experience and help us improve our site's performance. By using this site you agree to our use of cookies.

OK, I agree

No, give me more info