

STRAWBERRY SALAD



INGREDIENTS

Salad (per person)

- 6 strawberries
- 1 tablespoon cottage cheese
- 3 pak choi leaves
- A handful of baby spinach
- 1 stick of celery
- 2 or 3 mild radishes

Dressing (will serve 4 people)

- 1 tablespoon olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon runny honey
- black pepper (optional)

EQUIPMENT

- Small Jug
- Lidded bottle or jar
- Cutting board
- Knife to slice and trim
- Kitchen paper
- Spoon
- Plate to serve

TOP TIPS

Look at the strawberries whilst you wash them you may want to leave some strawberries whole and some sliced. A mixture of different shapes and slices can look really good.

METHOD

1. First pour a tablespoon of olive oil into a jug and a tablespoon of cider vinegar. Then add a teaspoon of runny honey and give it a good stir. Add black pepper if using.
2. Pour this into a clean lidded bottle. This means that just before serving you can give it a good shake - you need to be able to do this as the oil and vinegar separate.
3. Wash the radishes and slice them round the middle.
4. Wash the Pak Choi and any other leaves you're using. Dry them on kitchen paper by patting them gently.
5. Now the design. You may want to arrange the leaves first as they take up the most space on the plate. Add the celery sticks to the design and then scatter the radishes. Position the strawberries and finally add the cottage cheese so that it sits in the leaf curve on the pak choi.
6. Finally enjoy with a little of the salad dressing drizzled over the top.