



EVERYDAY GREEN CHOPPED SALAD

Chopped salads are incredibly simple to make. Anyone can make this salad – just make sure you use a good, sharp chef's knife and your biggest chopping board – and watch your fingers!

The sky's the limit when it comes to the different ingredients you can add to a chopped salad – you can use whatever's available. The only rule I would give you is to always include a couple of handfuls of crunchy lettuce to give your salad a really good texture. Try out different things, and don't feel obliged to use the same old stuff all the time. Peppers, tomatoes, herb sprigs, different types of cheese ... you can get any or all of these into a chopped salad.

Serves 4

4 spring onions

½ a cucumber

a handful of fresh basil leaves

2 small, just ripe avocados

1 round lettuce

1 small tub of cress

optional: 50g Cheddar cheese

extra virgin olive oil

red wine vinegar

English mustard

sea salt and freshly

ground black pepper

Get yourself a big chopping board and a large sharp knife • It's best to start by chopping the harder, crunchier veg first, so trim and chop your spring onions and slice your cucumber • Slice your basil • Bring it all into the centre of the board and continue chopping and mixing together • Halve your avocados around the big stone • Carefully remove the stone and peel the skin off • Add the avocado flesh, lettuce leaves and cress to the board • Crumble over the cheese, if using, and continue chopping • When everything is well chopped, you'll have a big mound of salad on the board • Make a well in the middle and drizzle in 6 tablespoons of extra virgin olive oil and 2 tablespoons of red wine vinegar • Add a teaspoon of English mustard and a good pinch of salt and pepper • Mix up so everything gets well coated and serve on the board or in a bowl!

