



Everyday Green Chopped Salad

Chopped salads are incredibly simple to make – you have to give them a go. If nothing else, they can offer you some chopping practice, so why not make something tasty while you're practicing your knife skills? 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!

Serves 4

- 4 scallions
- ½ a cucumber
- a handful of fresh basil leaves
- 2 small, just ripe avocados
- 1 butterhead lettuce
- Large handfuls sprouted cress or alfalfa
- optional: 2 ounces 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 veggies first, so trim and chop your scallions and slice your cucumber • Slice your basil • Bring it all into the center of the board and continue chopping and mixing together • Halve your avocados around the big pit • Carefully remove the pit and peel the skin off • Add the avocado flesh, lettuce leaves and cress or alfalfa 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

