

OUR RECIPE

Tomato & Pepper Salad

Serves 2

INGREDIENTS

- ½ cucumber
- 8 cherry tomatoes
- ½ red onion
- ½ red pepper
- ½ yellow or orange pepper
- 1 avocado
- Salad dressing
- Splash balsamic vinegar
- 1 tablespoon of olive oil
- 1 tsp dijon mustard
- 1 tsp honey
- 1/3 tsp dried oregano



Swap cucumber for radishes or cos lettuce. Why not add cold new potatoes rather than wasting them.

METHOD

1. Chop the cucumber into 2cm dice and halve the cherry tomatoes.
2. Dice the onion and peppers and add them to the tomatoes and cucumber in a medium sized bowl.
3. Carefully cut the avocado in half and remove the stone and skin. Cut into 1cm dice and add it to the other ingredients.
4. Mix them in the bowl carefully with a spoon.
5. To make the dressing, add the oil, mustard, balsamic vinegar, honey and oregano to a small bowl.
6. Whisk together with a fork and add then pour the dressing over the salad ingredients. Make sure you do this quite quickly to avoid the avocado going brown.