Garden Salad

Ingredients

1 Iceberg Lettuce

4 Tomatoes

2 Medium Cucumber

4 Medium Peppers

100gm Cheese (Shredded or small cubes)

1 Lemon

40ml Olive Oil

* **Gather all Ingredients and equipment and read through the recipe.**
* **Wash the Tomatoes, Cucumbers & Peppers in cold water and set aside.**
* **Pull out the stem of the Lettuce and discard into the scrap bin.**
* **Cut the lettuce into thin strips about as long as a pencil, then wash in cold water and put into a colander to drain.**
* **Cut the Tomatoes into 12 pieces. (Cut in half, then into quarters & then cut the quarters into 3 evenly sized pieces) Then set aside.**
* **Cut the Cucumber into half across it, then cut into half down the middle & then cut into pencil width pieces and set aside.**
* **Cut the top off the Peppers and remove the seeds, then cut in half. Cut the halves into thin strips and set aside.**
* **Place the Lettuce, Peppers, Tomatoes and Cheese into a large bowl and lightly mix to spread evenly.**
* **Measure the Olive Oil and grate a quarter of the lemon’s zest into it. Then cut the Lemon in half and squeeze the juice into the oil.**
* **Mix the Oil & Lemon and drizzle some over the salad.**