

Salad composée

Ingredients

- Salade Verte (leafy lettuce)
- 12 leaves of a mix of lettuce such as Bib, Boston, red lettuce
- Tomatoes
- Carrots
- Radishes
- Green beans or asparagus

For the dressing:

1 tablespoon Dijon mustard

2 tablespoons white balsamic vinegar

6 tablespoons first cold press olive oil

1 tablespoon lemon

Salt and pepper

2 tablespoons chopped chives or scallions

Directions

To make the salad dressing, put the mustard in a small mixing bowl, dilute with the vinegar then add the olive oil a little at the time, mixing with a whisk or spoon until well blended.

Finish with the lemon juice and the herbs, salt and pepper. Give it a final mixing.

Cook the green beans or steam the asparagus. Set aside to cool off.

Clean and cut the lettuce leaves in bite size.

Put the lettuce in a salad bowl, shave a carrot on top, then some slices of tomatoes and radish.

Top with the green beans or the asparagus.

Dress the salad and mix gently.