

# Tuscan Mixed Salad

This recipe was inspired by a wonderful salad in a quiet courtyard in San Gimignano. It might not be authentic, but it is a great salad.

Quantities given make four plates of salad.

## Ingredients

- rocket leaves
- lettuce leaves (not iceberg)
- 2 kiwi fruit
- 4 rings **FAIRTRADE** pineapple
- 1 peach or nectarine
- 3 medium carrots
- 12 - 16 cherry tomatoes

### *Extras:*

- FAIRTRADE** olive oil
- balsamic vinegar
- salt and **FAIRTRADE** freshly ground black pepper
- home made breadbun
- FAIRTRADE** pinot grigio or sauvignon blanc
- sparkling water

Slice the peaches, discarding the stone, and place by the carrot.

## To serve

Serve as chilled as possible, ideally with the extras listed in the ingredients.

## Method

Create a salad bowl for each person as follows:

Line the bottom of the bowl with rocket and lettuce leaves.

Remove growth points from pineapple, skin and core to make a ring. Place in the centre of the bowl.

Decorate with tomatoes.

Peel the kiwi fruit and slice; place in the bowl.

Peel and grate the carrot and arrange the grated carrot in "hillocks".