

Mange Tout Salad



Juicy **Mozzarella**, crunchy **Mange Tout** and sweet **Strawberries**, dressed with **Balsamic Vinegar** and **Rapeseed Oil** ... a perfect summer salad.



Ingredients - Serves 6

200g mange tout
500g strawberries
Rocket lettuce

200g buffalo mozzarella
2tsp balsamic vinegar
4tbsp rapeseed oil

Cooking Instructions

TO PREPARE

1. Wash and slice the strawberries.
2. Wash the rocket lettuce.
3. Blanch mange tout and refresh in cold water.
4. Drain buffalo mozzarella and tear into chunks.

DRESSING

5. To make the dressing whisk together 4tbsp rapeseed oil with 2tsp balsamic vinegar.

TO SERVE

6. Place the mange tout, strawberries, mozzarella and rocket onto a plate. Season with freshly ground pepper and drizzle with dressing.

GARSONS FARM SHOP

Garsons Farm Shop stocks a wide range of fresh fruit and vegetables throughout the year. They also have a superb range of condiments including *Farrington's Mellow Yellow Culinary Rapeseed Oil* and *The Fresh Olive Company Balsamic Vinegar*.



STRAWBERRY SEASON

Garsons **Pick Your Own Farm** grows the following strawberry varieties : Elsanta, Symphony, Everest, Elan, Milan and Flamenco, cropping between **early June to October**.

MANGE TOUT SEASON

Mange Tout variety Oregon Sugar Pod is grown at Garsons **Pick Your Own Farm** and is available for picking from **June to October** due to successive sowing's.

All items are subject to availability

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