

# Garsons

Growing since 1871

## Mange Tout Salad



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



# Mange Tout & Strawberry Salad

GarsonsRecipes



## 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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