



# Green salad with fresh herbs

**From Phase 1**  
**Serves 1**

## Ingredients:

- Various seasonal salad greens: lettuce, lamb's lettuce, rocket, escarole, witloof endive, curly endive, young spinach...
- Fresh herbs: chives, basil, dill, chervil, coriander, sage...
- Juice of 1/2 lemon
- Salt and pepper
- 3 drops rapeseed oil (optional)

## Preparation:

From the ingredient list above, pick 3 salad greens and 4 herbs.

Wash greens and carefully pat them dry in absorbent paper.

## Permitted Seasoning:

In a salad bowl, mix lemon juice, salt, pepper, and oil.

Add salad greens and herbs, arrange on a plate.

Have alongside a Eurodiet meal, such as a soup.

