

Salad Garnish

Allergens - N/A

Ingredients

Quantity	Ingredient
500g	Lettuce (Iceberg)
675g	Tomatoes (Fresh)
200g	Cucumber



Method

1. Wash all produce thoroughly.
2. Shred the lettuce and slice the cucumber and tomatoes.
3. Refrigerate prior to service.
4. Arrange in an attractive manner in a serving dish.

Note - Serve mixed or separately. Other salad produce may be used.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 18.8	= 0.4	0.0	= 3.2	= 0.00	= 3.2

Portion size - Primary - 50g

Reviewed April 2018