

# Lunchbox Laughter

## Super salads



### Pink Salad

#### Ingredients

100g red cabbage (shredded)  
1 beetroot (grated/sliced)  
5 radishes (grated/sliced)  
½ red onion (finely chopped)  
1 tbsp raspberry vinegar  
1tbsp olive oil

#### Equipment

Mixing bowl  
Whisk  
Knife  
Chopping board  
Serving bowl

#### Method

1. Combine the vinegar and oil in a bowl using the whisk to form an emulsion
2. Mix together the cabbage, beetroot, radishes and onion and pour over the dressing

### Tomato Salad

#### Ingredients

5 cherry tomatoes (halved)  
Handful of basil (roughly chopped)  
½ red onion (finely chopped)  
1 tbsp balsamic vinegar  
1tbsp olive oil

#### Equipment

Mixing bowl  
Whisk  
Knife  
Chopping board  
Serving bowl

#### Method

1. Combine the vinegar and oil in a bowl using the whisk to form an emulsion
2. Mix together the tomatoes, basil and onion and pour over the dressing

Try adding mozzarella or feta cheese or prosciutto to add some variety!

### Bean Salad

#### Ingredients

1 small tin of mixed beans  
½ lemon  
1tbsp olive oil  
Handful of mint (roughly chopped)

#### Equipment

Mixing bowl  
Whisk  
Knife  
Chopping board  
Serving bowl

#### Method

1. Combine the vinegar and oil in a bowl using the whisk to form an emulsion
2. Mix together the beans and mint and pour over the dressing