



# Crudités salad with seed vinaigrette

## Ingredients (serves 2)

- 150 g of lettuce or a mix of seasonal lettuces
- ½ courgette
- 4 green asparagus
- 1 carrot
- 2 tomatoes
- 1 lemon
- 1 tsp seeds to taste (sesame, flax, chia...)
- Extra virgin olive oil

## Method

1. Wash and cut the lettuce.
2. Wash and cut the courgette and the asparagus into very thin slices with the help of a peeler or a special slicer.
3. Peel the carrot and slice as thin as the courgette.
4. Wash and cut the tomatoes into eighths.
5. To make the vinaigrette, take a small amount of the previous vegetables and dice into very small pieces.
6. Mix with the juice of half a lemon, seeds, and a tablespoon of virgin olive oil.
7. Put the lettuce and vegetables on a plate and season with the vinaigrette. Serve.

## Recommendations

Vegetables can be varied according to preference or season.  
Roasted nuts or fresh herbs can be added to the vinaigrette.