

## Mixed Baby Salad with Artichokes and Roasted Almonds



R & J Mazza  
GLOBE ARTICHOKES

### Ingredients

100g mixed baby salad,  
100g cherry tomatoes, halved,  
2 baby carrots, thinly sliced,  
1 small capsicum, thinly sliced.  
120g artichoke hearts, sliced,  
50g almonds, roasted,

### Dressing

1 teaspoon wholegrain mustard,  
2 tablespoons olive oil,  
1 tablespoon white vinegar,  
Juice from ½ lemon,  
Salt & cracked pepper, to taste,



### How to Prepare

1. Mix salad leaves, tomatoes, capsicum, carrots, almonds and artichoke hearts in a bowl
2. Place mustard, oil, vinegar, lemon juice, salt and pepper in another bowl and mix well. Pour over salad and mix.

**Serves 4-6**

