

## 10 Dressed green salad with pumpkin seeds

Serves 2 people

### *Ingredients*

For the dressing

½ tablespoon fresh lemon juice  
1 and ½ tablespoons Extra Virgin olive oil  
½ teaspoon Dijon mustard  
1 teaspoon caster sugar  
½ teaspoon salt  
3 twists black pepper

To finish

1 small bag salad leaves (100g)  
30g pumpkin seeds

1. Either whisk all the dressing ingredients together in a small bowl or shake them together in a small screw-topped jar (such as a clean empty jam jar).
2. Dry-fry (ie no added oil) the pumpkin seeds. Heat a small frying pan on the hob, tip in the seeds and stir with a wooden spoon watching all the time for a minute or two until the seeds give off a toasty aroma and change colour slightly.
3. When you are ready to serve, tip the dressing over the leaves in a serving bowl, toss gently with a salad spoon and fork and sprinkle over the pumpkin seeds.