

**THIS RECIPE
CONTAINS
NUTS!**



Make Your Own - Lamb's Lettuce Lunch treat

Try our Kids Country recipe, there are many recipes available.

You can adapt fillings to your taste!

Ingredients—Serves 4

100g bacon or chicken, rapeseed oil

25g pine nuts

100g lamb's lettuce

100g mayonnaise, chives, 1 x lemon juice and zest

Grated cheese

Optional: Baby tomatoes/radishes/ watercress/celery, cucumber etc.

Method

1. In a large bowl mix together the mayonnaise, zest, & juice of half a lemon, chives and season.
2. In a frying pan add a little oil, but bacon or chicken into strips and lightly fry until cooked.
3. Separate, wash and trim the Lambs Lettuce and lay them on a serving platter. Spoon the chicken/ bacon into above dressing.
4. If just using salad items, make sure all are washed and dried.
5. Add all ingredients together and mix. Serve with sprinkle of grated cheese and pine nuts.
6. This makes a fun way of getting children interested in food

**Always ask for an adult's permission before cooking
In the kitchen.**

