FOOD & COOKING
WITH CHEF ROSS

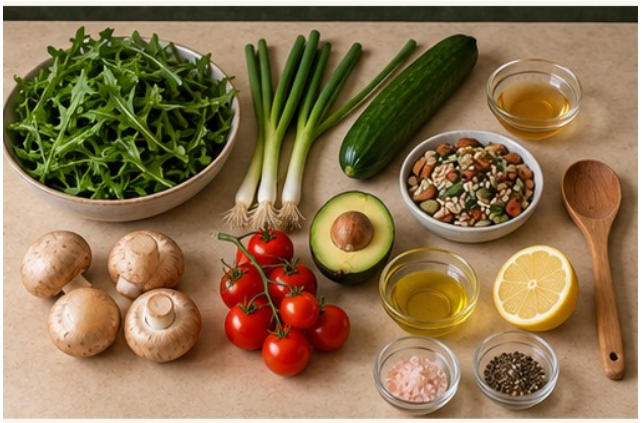
Winter Salad



Preparation: About 20 minutes | Toasting nuts and seeds: About 3–5 minutes | Serves: 2 people

What you need

Ingredients



- 1 cup rocket leaves, chopped
- 3 spring onion stalks, thinly sliced
- 1 cucumber, cut into small pieces
- 1 teaspoon apple cider vinegar
- ½ cup mixed nuts and seeds, roughly chopped
- 3 mushrooms, thinly sliced
- ½ avocado, cut into pieces
- ½ tub cherry tomatoes, cut in half
- 1 tablespoon extra virgin olive oil
- Juice of ½ lemon
- Salt & pepper to taste

Equipment



- Knife and chopping board
- Mixing bowl
- Small frying pan
- Spoon
- 2 serving bowls

Let’s make it



1. Prepare the greens

Wash and prepare rocket, spring onion and cucumber.

Winter Salad



2. Mix the salad base

Put rocket, spring onion and cucumber in a bowl.
Add apple cider vinegar and gently mix.



3. Toast and cool nuts and seeds

Put nuts and seeds in a dry frying pan over medium-low heat.
Stir for 3–5 minutes.
Let cool.



4. Fill two bowls

Divide the greens between two bowls.
Add mushrooms, avocado and cherry tomatoes.



5. Finish and serve

Sprinkle nuts and seeds on top.
Add olive oil and juice of ½ lemon.
Season with salt & pepper.
Serve fresh.

Serving and storage

- Use walnuts, almonds, pine nuts, pumpkin or sunflower seeds as preferred.
- Check allergies.
- For preparing ahead, refrigerate washed vegetables separately.
- Add avocado, nuts and dressing just before serving.
- Refrigerate leftovers promptly at 5°C or colder.
- Use within 1 day for best quality.
- Vegan and vegetarian with suitable ingredients.
- Gluten-free conditional on ingredients and cross-contact.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.