



## FARMERS MARKET SPRING SALAD serves 6

THIS RECIPE REQUIRES ADULT SUPERVISION



### INGREDIENTS

1 red or green oak leaf lettuce  
500g young broad beans  
500g young peas  
300g parmesan  
3 free range eggs, boiled  
250g pancetta, crisped in oven  
2 free range chicken breasts, skin on and roasted  
salt and pepper to taste  
HQ Cuisine poppy seed aioli

### EQUIPMENT

knife  
chopping board  
salad spinner  
small and large bowls  
measuring spoons  
oven tray  
alfoil  
paper towel  
vegetable peeler  
small saucepan  
oven mits  
seive

### METHOD

1. Wash lettuces in cold water and spin in a salad spinner to dry. Tear with your hands into pieces.
2. Pod broad beans and peas into separate bowls. If sweet spring peas are unavailable replace with quality frozen baby peas.
3. Blanch peas very quickly in boiling water and refresh in cold water (or eat raw), set aside.
4. With a vegetable peeler shave parmesan into a small bowl for garnish.
5. Remove the shell from the hard boiled eggs. Cut into quarters and put in a small bowl. Set aside.
6. With your hands break crisp pancetta into pieces and set aside in a small bowl for garnish.
7. Slice chicken into bite size pieces. Place on a baking tray and cover with alfoil. Keep warm in a low oven.

### to SERVE

1. Lay out 6 plates and portion lettuce leaf mounds in the centre of each plate accordingly.
2. Divide chicken pieces into six and place on lettuce.
3. Scatter with beans and peas and place eggs attractively on each plate.
4. Dress with HQ Cuisine aioli and sprinkle with pancetta and cheese.

### FROM THE MARKET

Bickleigh Vale Farm - Lettuce, Herbs  
Rosie's Eggs  
Virgaras Garden - Broad Beans and Peas  
Murray Valley Parmesan

Kainga Park Chicken  
HQ Cuisine Poppyseed Aioli

### quick tip

Pick up a free range roast chicken to make this an easy family meal.