

# Tomato & Rocket Salad

9 roma tomatoes  
1 red onion  
120g rocket

## **Dressing:**

2 cloves of garlic, crushed  
¾ cup olive oil  
½ cup lemon juice  
¼ cup parsley, chopped  
1 ½ tbsp sugar  
3 teasp paprika  
1 teasp chilli powder

1. Halve tomatoes lengthways, remove seeds then slice thinly.
2. Roughly chop the rocket and spin dry, also slice the onions into half circles.
3. Chop the parsley finely, crush the garlic and juice the lemons. Put aside for the dressing
4. Combine the tomatoes, rocket, and onion in a bowl and gently toss. Place into serving bowls.
5. Place all the dressing ingredients into a screw-top jar and shake well to combine. Dressing over the salad and serve.

Serves approx. 30

