Ted’s salads

Each salad serves four

Lemon and honey dressing

...For the lemon and honey dressing:
- 5 tablespoons sunflower oil
- 1½ tablespoons of lemon juice
- 1 teaspoon of clear honey
- salt and ground black pepper

...For the potato salad:
- 750g (1 lb 10oz) small new potatoes
- 2 sticks of celery
- 2 small red-skinned dessert apples
- 6 stems of fresh chives

...For the garden salad:
- 2 little, or baby, gem lettuces
- half a cucumber
- 225g (8oz) baby plum or cherry tomatoes
- 2 medium carrots

Eat straight away.

Potato salad

Wait until the potatoes are cool enough to handle.

1. For the potato salad, scrub the potatoes. Boil them for about 15 minutes, until they are cooked. Drain them and cut them in half.

2. Put the lettuce leaves in a large bowl. Slice the cucumber finely. Use a serrated knife to cut the tomatoes in half.

3. Peel the carrots and cut them in half. Then, cut them into very thin strips. Add the tomatoes, carrots and cucumber to the bowl.

4. Shake the rest of the dressing in the jar, and pour it over the garden salad. Then, gently mix everything together.

Garden salad

1. For the garden salad, pull the leaves off the lettuces. Rinse them well, shake them dry, then tear them into pieces.

2. Leave the rest of the dressing in the jar.

3. Wash the celery and slice it into thin slices. Cut the apples into quarters and cut out the cores. Cut the apples into small chunks.

4. Using kitchen scissors, snip the chives into small pieces. Add the celery, apples and chives to the bowl. Mix everything well.

Serve the salads in a big bowl or as individual portions on plates.