

HOW TO STORE LETTUCE CORRECTLY IN THE FRIDGE

Ingredients

1-2 different lettuces (preferably not iceberg)

1. Wash the lettuce in cold water.
2. Let it drain for a few minutes in a collander.
3. Dry it in small batches using a salad spinner always spinning it twice.
4. Take the bottom drawer out of the fridge (if your fridge has a 0°C drawer then use this one), and line it with 2-3 clean and dry tea towels.
5. Put the dry lettuce into the lined drawer without squashing it too much.
6. Cover with another dry tea towel.
7. Use the lettuce as needed and of course cover with some of my salad dressing.

Enjoy a quick and healthy meal!!

TIP: The lettuce keeps for about 1 week. You can always jazz up your salad with lots of ingredients i.e. chicken, olives, tuna fish etc... just be creative!

KÜCHENSCHMIDE

