MÂCHE SALAD WITH YOGURT DRESSING

Serves 4 as a side salad

INGREDIENTS:

1 x 115g bag mâche (about 5 cups), rinsed and spun dry
1 tbsp fresh lemon juice
Salt and freshly ground pepper
2 tbsp extra virgin olive oil
3 tbsp thick Greek-style or drained yogurt
1-2 garlic cloves, to taste, halved, green shoots removed
Optional: halved cherry tomatoes, sliced roasted beets, chickpeas

DIRECTIONS

Place the mâche in a salad bowl. Whisk together the lemon juice, salt, pepper and olive oil, then toss with the mâche.

Combine the garlic with a generous pinch of salt in a mortar and pestle and mash to a paste. Stir in the yogurt, add to the salad and toss. Top with any of the optional ingredients and serve at once.