

Carrot and Apple Salad

Season: Winter

Type: Salad

Serves: 32 tastings

From the garden: Rocket & apple

Class focus: Grating carrot & cutting apples



Equipment:

Large mixing bowl x 1
Small mixing bowl x 1
Wooden spoon x 1
Whisk x 1
Apple corer x 1
Chopping boards and knives
Measuring spoons
Serving bowl x 5
Serving spoon x 5

Ingredients:

2 handfuls of rocket (cut into 2cm lengths)
1 carrot (skin-on, roughly grated)
2 apples (skin-on, cored, cubed – 1cm)

White wine vinegar dressing:

2 tablespoons olive oil
1 tablespoon white wine vinegar
1 teaspoon sugar
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the salad leaves, vegetable and fruits, then dry the salad leaves using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix all the ingredients for dressing in a small mixing bowl.
4. Put all the salad ingredients in a large mixing bowl.
5. Pour over dressing and toss well.
6. Serve into 5 large serving bowls with a serving spoon in each.

***** Classes with shorter kitchen sessions may not make this dish. *****