

Cucumber, Carrot and Bean Salad

Season: Summer

Type: Salad

Serves: 28 tastings

From the garden: Cucumber & basil

Class focus: Finely chopped, grating & cut into cubes



Equipment:

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

Ingredients:

3 cucumber (skin-on, cubed – 1cm)
2 carrots (skin on, roughly grated)
1 can mixed beans (drained)
10 olives (finely chopped)

Dressing:

2 sprigs basil (leaves only, finely chopped)
2 tablespoons olive oil
1 tablespoon apple cider vinegar
½ tablespoon honey
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine all the ingredients for dressing in a small mixing bowl.
4. Put all the ingredients for the salad 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.