

Lettuce, Cucumber & Cranberry Salad

Season: Autumn

Type: Salad

Serves: 28 tastings

From the garden: Cos lettuce & cucumber

Class focus: Washing and cutting salad leaves.



Equipment:

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

Ingredients:

Salad:

1 cos lettuce (cubed – 2cm)
1 cucumber (skin-on, cubed – 1cm)
½ cup dried cranberries

Creamy Honey Mustard Dressing:

2 tablespoons mayonnaise
1 teaspoon honey
1 teaspoon Dijon mustard
1 teaspoon apple cider vinegar
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all vegetables, then dry the lettuce 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.