

Salad with Lemon Herb Dressing

Season: Winter

Type: Salad

Serves: 32 tastings

From the garden: Lettuce & rocket



Class focus: Washing, cutting & grating vegetables

Equipment:

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

Ingredients:

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

Lemon Herb Dressing:

2 tablespoons olive oil
Zest & juice of 1 lemon
1 clove of garlic (minced)
1 teaspoon dried oregano
1 teaspoon Dijon mustard
1 teaspoon maple syrup
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix together 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.