

Green Salad

Season: Winter

Type: Salad

Serves: 28 tastings

From the garden: Cos lettuce & coriander leaves

Class focus: Washing salad leaves & chopping herb



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)
*** (2 cos lettuce if it is Year 5 class)**
1 green apple (finely chopped)
¼ onion (finely chopped)
2 sprigs coriander leaves (finely chopped)
2 tablespoons pepitas
¼ cup shaved parmesan cheese

Dressing:

¼ cup mayonnaise
1 teaspoon apple cider vinegar
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all vegetables, fruit and herb 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.