

## Apple and Bean Salad

**Season:** Autumn

**Type:** Salad

**Serves:** 28 tastings

**From the garden:** Apple & rocket

**Class Focus:** Washing salad leaves, grating & cutting vegetables into cubes



<b>Equipment:</b>	<b>Ingredients:</b>
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Salad Spinner Chopping boards and knives Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>3 handfuls of rocket (cut into 2cm lengths) 1 can cannellini beans (rinsed &amp; drained) 1 carrot (skin on, roughly grated) 2 apples (skin-on, cored, cubed – 1cm) ¼ cup shaved parmesan cheese</p> <p><i>Dressing:</i> 2 tablespoons olive oil 2 tablespoons apple cider vinegar 1 teaspoon Dijon mustard 1 tablespoon honey ¼ teaspoon salt 10 grinds of pepper</p>

### What to do:

1. Wash all the vegetables, then dry the rocket using a salad spinner.
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 salad ingredients and dressing in a large mixing bowl. Toss gently.
5. Serve into 5 large serving bowls with a serving spoon in each.