

Portuguese Salad

Season: Spring

Type: Salad

Serves: 28 tastings

From the garden: Cos lettuce, rocket & carrot

Class focus: Cleaning & cutting lettuce, grating carrot



Equipment:	Ingredients:
Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Grater x 1 Salad spinner Chopping boards and knives Measuring spoons Serving bowl x 5 Serving spoon x 5	2 cos lettuce (cubed – 2cm) 2 handfuls rocket (cut into 2cm lengths) 2 carrots (skin-on, roughly grated) <i>Dressing:</i> 2 tablespoons olive oil 2 tablespoons red wine vinegar 1 teaspoon sugar ¼ teaspoon salt 10 grinds of pepper

What to do:

1. Wash all the vegetables, then dry the lettuce and rocket 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 lightly.
6. Serve into 5 large serving bowls with a serving spoon in each.