

Mexican Chopped Salad

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Corn, tomato, basil & capsicum

Class focus: Washing & cutting vegetables, chopping herb



Equipment:	Ingredients:
Medium saucepan x 1 Kitchen tong x 1 Small mixing bowl x 1 Large 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	1 lettuce (cubed – 2cm) 2 corn cobs (see below for cooking instructions) 10 green tomatoes (cubed – 0.5cm) 1 capsicum (cubed – 0.5cm) 2 sprigs basil (leaves only, finely chopped) ½ can red kidney bean (drained & rinsed) Dressing: 3 tablespoons olive oil 2 tablespoon white wine vinegar 1 tablespoon maple syrup ¼ teaspoon salt 10 grinds pepper

What to do:

1. Wash all the vegetables then dry the salad leaves and herb using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Boil the corn in a medium saucepan filled with hot water from the kettle for 2 minutes.
4. Remove corn from water, allow to cool and cut the corn kernels off the cob.
5. Mix together all the ingredients for dressing in a small mixing bowl.
6. Put all vegetables, herb and beans in a large mixing bowl, pour over dressing. Toss well.
7. Serve into 5 large serving bowls with a serving spoon in each.