

Lentil Salad

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Cucumber, carrot & apple

Class focus: Finely chopped & grating vegetables



| Equipment: | Ingredients: |
|--|--|
| 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 Serving bowl x 5 Serving spoon x 5 | 2 cucumbers (skin-on, finely chopped) 4 carrots (skin-on, roughly grated) 3 apples (skin-on, cored, finely chopped) ¼ onion (finely chopped) 1 can lentils (rinsed & drained) ⅓ cup sultanas 1 tablespoon parsley (finely chopped) <i>Dressing:</i> 2 tablespoons olive oil 1 tablespoon apple cider vinegar 1 teaspoon Dijon mustard ½ tablespoon honey / maple syrup for vegan ¼ teaspoon salt 10 grinds of pepper |

What to do:

1. Wash all the vegetables and herb.
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 ingredients for the salad 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.