

Carrot, Apple and Celery Salad

Season: Autumn

Type: Salad

Serves: 28 tastings

From the garden: Apple

Class focus: Washing and drying salad leaves
& grating carrot



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Apple corer x 1 Grater x 1 Salad spinner Chopping boards and knives Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>3 handfuls of spinach (cut into quarter) 2 handfuls of rocket (cut into 2cm lengths) 1 carrot (skin-on, roughly grated) 2 apples (skin-on, cored, cubed – 1cm) 2 celery stalks (thinly sliced)</p> <p><i>Honey Mustard Dressing:</i> 2 tablespoons olive oil 2 tablespoons white wine vinegar 1 teaspoon Dijon mustard 1 tablespoon honey ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables and fruit 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.

When you are done with the salad, please follow the instructions on the next page to make the pasta sauce for Blue Group.