

## Lettuce, Rocket and Carrot Salad

**Season:** Winter

**Type:** Salad

**Serves:** 28 tastings

**From the garden:** Lettuce & rocket

**Class focus:** Cleaning lettuce & grating carrot



| <b>Equipment:</b>   | <b>Ingredients:</b>  |
|---|--|
| <p>Large mixing bowl x 1<br/>Small mixing bowl x 1<br/>Wooden spoon x 1<br/>Whisk x 1<br/>Grater x 2<br/>Salad spinner<br/>Chopping boards and knives<br/>Measuring spoons<br/>Serving bowl x 5<br/>Serving spoon x 5</p> | <p>1 cos lettuce (cubed – 2cm)<br/>* (2 cos lettuce if it is <b>Year 5 class</b>)<br/>2 handfuls of rocket (cut into 2cm lengths)<br/>2 carrots (skin-on, roughly grated)</p> <p><i>French Dressing:</i><br/>2 tablespoons olive oil<br/>1 tablespoon white wine vinegar<br/>¼ onion (finely chopped)<br/>1 teaspoon Dijon mustard<br/>¼ teaspoon salt<br/>10 grinds of pepper</p> |

### 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.