

Salad with Sesame Dressing

Season: Spring

Type: Salad

Serves: 28 tastings

From the garden: Cos lettuce

Class focus: Washing & cutting salad leaves into cubes



Equipment:

Large mixing bowl x 1
Small mixing bowl x 1
Wooden spoon x 1
Whisk x 1
Sieve x 1
Salad Spinner
Grater x 1
Chopping boards and knives
Measuring spoons
Measuring cups
Serving bowl x 5
Serving spoon x 5

Ingredients:

Salad:

1 cos lettuce (cubed – 1cm)
1 carrot (skin-on, roughly grated)
½ can corn kernels (drained)

Sesame Dressing:

½ cup mayonnaise
1 tablespoon white vinegar
1 tablespoon soy sauce
½ teaspoon sesame oil

What to do:

1. Wash all the vegetables, then dry the lettuce using a salad spinner.
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 salad ingredients in a large mixing bowl.
5. Pour over dressing and toss gently.
6. Serve into 5 large serving bowls with a serving spoon in each.