

Lettuce and Carrot Salad

Season: Spring

Type: Salad

Serves: 36 tastings

From the garden: Cos lettuce, spinach, rocket & carrot

Class focus: Washing salad leaves & grating carrot



Equipment:

Small mixing bowl x 1
Large mixing bowl x 1
Wooden spoon x 1
Whisk x 1
Grater x 2
Chopping boards and knives
Measuring cups
Measuring spoons
Salad spinner
Serving bowl x 5
Serving spoon x 5

Ingredients:

Salad:

1 cos lettuce (cubed – 2cm)
2 handfuls spinach (cubed – 2cm)
1 handful rocket (cut into 2cm lengths)
3 carrots (skin-on, roughly grated)

Maple Mustard Dressing:

1 tablespoon olive oil
3 tablespoons maple syrup
4 teaspoons Dijon mustard
¼ teaspoon salt

What to do:

1. Wash all vegetables and 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.