

Crunchy Green Salad



Season: All seasons

Serves: 30 tastes in the classroom or 6 at home

Use seasonal vegetables to ensure nutrients and taste are at their peak.

All of the vegetables used in our salad are organic and from our Ashgrove Garden—grown and harvested by the students.

Equipment:

- Chopping board
- Sharp knife
- Mixing bowl
- Citrus juicer

Ingredients:

Any seasonal herbs and vegetables—these will vary

- Cherry tomatoes
- Kale
- Baby spinach
- Radish
- Cos Lettuce
- Carrot
- Rocket
- Parsley

Dressing:

- Lemon
- Honey
- Wholegrain seeded mustard

What to do:

For the Salad:

1. Wash all produce well to remove any dirt.
2. Cut each vegetable into small pieces—or shred leafy vegetables such as lettuce, spinach and kale.
3. Place all vegetables into a large mixing bowl.

For the dressing:

1. Juice 1 lemon
2. Add 2 tablespoon of honey
3. Add 1 tablespoon of wholegrain seed mustard.
4. Mix well.
5. Pour over salad before serving.