

# Lettuce, cucumber and Carrot Salad

**Season:** Summer

**Type:** Salad

**Serves:** 28 tastings

**From the garden:** Cos lettuce

**Class focus:** Washing and cutting salad leaves.



## Equipment:

Small mixing bowl x 1  
Large mixing bowl x 1  
Wooden spoon x 1  
Whisk x 1  
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)  
1 carrot (roughly grated)  
½ cucumber (skin-on, cubed – 1cm)  
½ cup sultanas

### *Creamy Honey Mustard Dressing:*

2 tablespoons mayonnaise  
1 teaspoon honey  
1 teaspoon Dijon mustard  
1 teaspoon apple cider vinegar  
¼ teaspoon salt  
10 grinds of pepper

## What to do:

1. Wash all vegetables, then dry the lettuce 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.