

# Lettuce and Carrot Salad

**Season:** Winter

**Type:** Salad

**Serves:** 27 tastings

**From the garden:** Cos lettuce & coriander leaves

**Class focus:** Washing salad leaves & juicing lemon



## Equipment:

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

## Ingredients:

### *Salad:*

1 cos lettuce (cubed – 2cm)  
2 carrots (roughly grated)  
¼ onion (finely chopped)  
2 sprigs coriander leaves (finely chopped)

### *Lemon Dressing:*

2 tablespoons olive oil  
Juice of ½ lemon  
1 teaspoon sugar  
¼ teaspoon salt  
10 grinds of pepper

## What to do:

1. Wash all vegetables and herb then 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.