

Thai Salad with Sweet Chilli Dressing

Season: Spring

Type: Salad

Serves: 32 tastings

From the garden: Lettuce, spring onion & beetroot

Class focus: Washing lettuce & grating vegetables



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>2 lettuce (cubed – 2cm) 1 carrot (skin-on, roughly grated) 2 beetroot (skin-on, top & tail trimmed, roughly grated) 2 spring onions (green & white part, finely chopped)</p> <p><i>Sweet Chilli Dressing:</i> 1 teaspoon dried mint 2 tablespoons rice vinegar 2 tablespoons sweet chilli sauce 1 teaspoon sugar A pinch of salt</p>

What to do:

1. Wash all the vegetables.
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.