

Tomato, Celery and Corn Salad

Season: Summer

Type: Salad

Serves: 32 tastings

From the garden: Tomato & celery

Class focus: Washing, drying and cutting lettuce



Equipment:

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

Ingredients:

1 lettuce (cubed – 2cm)
1 can corn kernels (drained)
4 tomatoes (cubed – 0.5cm)
A bunch of celery (stem only, finely chopped)

Dressing:

2 tablespoons olive oil
2 tablespoon apple cider vinegar
1 tablespoon maple syrup
¼ teaspoon salt
10 grinds pepper

What to do:

1. Wash all the vegetables and 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.