

## Orange, Date and Olive Salad

**Season:** Autumn

**Type:** Salad

**Serves:** 32 tastings

**From the garden:** Cos lettuce & rocket

**Class focus:** Removing the skin off the orange



### 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  
Serving plate x 5  
Serving spoon x 5

### Ingredients:

1 lettuce (cubed – 2cm)  
2 handfuls of rocket (cut into 2cm lengths)  
2 oranges (skin-off, cubed – 1cm)  
10 dates (cut into 4 or 5 pieces)  
8 green olives (cut into 4 or 5 pieces)

#### *Red wine vinegar dressing:*

2 tablespoons olive oil  
1 tablespoon red wine vinegar  
1 teaspoon sugar  
¼ teaspoon salt  
10 grinds of pepper

### What to do:

1. Wash all the salad leaves and fruit, then dry the salad leaves using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine all the ingredients for dressing in a small mixing bowl.
4. Put all the ingredients for the salad 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.