

Mint and Basil Green Salad

Season: Summer

Type: Salad

Serves: 32 tastings

From the garden: Cucumber, mint & basil

Class focus: Cutting vegetables & chopping herb



Equipment:

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

Ingredients:

1 lettuce (cubed – 2cm)
2 cucumbers (skin-on, cubed – 1cm)
3 sprigs mint (whole leaves, no stems)
2 sprigs basil (leaves only, roughly chopped)

Dressing:

2 tablespoons olive oil
2 tablespoons white wine vinegar
1 tablespoon maple syrup
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the vegetables and herbs, then dry them 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.