

Cucumber, Corn and Chickpea Salad

Season: Summer

Type: Salad

Serves: 32 tastings

From the garden: Corn, cucumber & basil

Class focus: Finely chopped basil & cutting corn kernels off the cob



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Large saucepan x 1
Kitchen tong x 1
Small mixing bowl x 1
Whisk x 1
Chopping boards and knives
Measuring spoons
Serving spoon x 5
Serving bowl x 5

Ingredients:

3 corn cobs (see below instructions)
3 cucumbers (skin-on, cubed – 1cm)
¼ onion (finely chopped)
1 sprig basil (leaves only, finely chopped)
1 can chickpeas (drained & rinsed)

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 herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Boil the corn in a large saucepan filled with hot water from the kettle for 5 minutes.
4. Remove corn from water, allow to cool and cut the corn kernels off the cob.
5. Combine all the ingredients for dressing in a small mixing bowl.
6. Put all the salad ingredients in a large mixing bowl, pour over dressing. Toss well.
7. Serve into 5 large serving bowls with a serving spoon in each.