

Apple Salad

Season: Spring

Type: Salad

Serves: 28 tastings

From the garden: Cos lettuce & mix salad leaves

Class focus: Cleaning & cutting lettuce



Equipment:

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

Ingredients:

Salad:

1 cos lettuce (cubed – 2cm)
3 handfuls of mix salad leaves (cubed – 2cm)
2 red apples (skin-on, cored, cubed – 1cm)
1 teaspoon dried mint

Dressing:

2 tablespoons olive oil
1 tablespoon apple cider vinegar
¼ teaspoon cumin
¼ teaspoon ground ginger
1 teaspoon sugar
¼ teaspoon salt

What to do:

1. Wash all the vegetables 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. Mix all the ingredients for dressing together in a small mixing bowl.
4. Put all the ingredients for salad in a large mixing bowl.
5. Add dressing and toss gently.
6. Serve into 5 large serving bowls with a serving spoon in each.