

Salad with Greek Dressing

Season: Winter

Type: Salad

Serves: 32 tastings

From the garden: Mixed lettuce leaves, oregano & lemon

Class focus: Washing & cutting vegetables



Equipment:	Ingredients:
Small mixing bowl x 1 Large mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Measuring spoons Juicer x 1 Serving bowl x 5 Serving spoon x 5	1 basket of mixed lettuce leaves (cubed – 2cm) 1 handful of spinach (cubed – 2cm) ½ cucumber (skin-on, cubed – 2cm) 12 Kalamata olives (cut into 4 pieces) <i>Greek Dressing:</i> 4 tablespoons olive oil Juice of 1 lemon 1 sprig oregano (leaves only, finely chopped) 1 teaspoon maple syrup ¼ teaspoon salt 10 grinds of pepper

What to do:

1. Wash all the vegetables and dry the salad leaves using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix together 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.