

Salad with Sesame Dressing

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Mixed lettuce leaves

Class focus: Washing, cutting & grating vegetables



Equipment:	Ingredients:
Small mixing bowl x 1 Large mixing bowl x 1 Wooden spoon x 1 Chopping boards and knives Measuring spoons Grater x 1 Whisk x 1 Sieve x 1 Serving bowl x 5 Serving spoon x 5	1 basket of mixed lettuce leaves (cubed – 2cm) 1 carrot (skin-on, roughly grated) 1 cup frozen edamame beans (rinsed with hot water from the kettle) <i>Sesame Dressing:</i> 1 tablespoon sesame oil 2 tablespoons rice wine vinegar 1 tablespoon 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.

For sesame free option:

Use olive oil instead of sesame oil in the dressing.