

Salad with Orange Honey Mustard Dressing

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Cos lettuce & rocket



Class focus: Cleaning & cutting lettuce, grating carrot

Equipment:

Large mixing bowl x 1
Small mixing bowl x 1
Wooden spoon x 1
Whisk x 1
Grater x 2
Salad spinner
Chopping boards and knives
Measuring spoons
Measuring cups
Serving bowl x 5
Serving spoon x 5

Ingredients:

1 cos lettuce (cubed – 2cm)
1 handful rocket (cut into 2cm lengths)
2 carrots (skin-on, roughly grated)
½ cup sultanas

Orange Honey Mustard Dressing:

2 tablespoons mayonnaise
1 teaspoon honey
1 teaspoon Dijon mustard
1 teaspoon apple cider vinegar
Juice of ¼ orange
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the vegetables, then dry the lettuce and rocket 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 lightly.
6. Serve into 5 large serving bowls with a serving spoon in each.