

Cucumber and Apple Salad

Season: Autumn

Type: Salad

Serves: 28 tastings

From the garden: Lettuce, cucumber & apple

Class focus: Washing and drying lettuce, cutting apple



Equipment:

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

Ingredients:

1 cos lettuce (cubed – 2cm)
1 cucumber (skin-on, cubed – 1cm)
1 apple (skin-on, cored, cubed – 1cm)

Honey Mustard Dressing:

2 tablespoons olive oil
2 tablespoons white wine vinegar
1 teaspoon Dijon mustard
1 tablespoon honey
¼ teaspoon salt
10 grinds of pepper

What to do:

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