

Orange and Fennel Salad

Season: Winter

Type: Salad

Serves: 32 tastings

From the garden: Lettuce, rocket & fennel

Class focus: Washing & cutting fennel bulb
& removing the skin off the orange



Equipment:	Ingredients:
<p>Small mixing bowl x 1 Large mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>1 lettuce (cubed – 2cm) 2 handfuls of rocket (cut into 2cm lengths) 1 fennel bulb (trimmed & thinly sliced) 1 carrot (skin-off, roughly grated) 2 oranges (skin-off, cubed – 1cm)</p> <p><i>Honey Mustard Dressing:</i> 2 tablespoons olive oil 1 tablespoon white wine vinegar ½ tablespoon honey 1 teaspoon Dijon mustard ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables and orange.
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 vegan option:

Use maple syrup.