

Green Salad

Season: Winter

Type: Salad

Serves: 32 tastings

From the garden: Cos lettuce

Class focus: Washing & cutting lettuce & removing the seeds from capsicum



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 cups Measuring spoons Salad spinner Serving bowl x 5 Serving spoon x 5</p>	<p><i>Salad:</i> 1 cos lettuce (cubed – 2cm) 1 green capsicum (deseeded, finely chopped) 1 green apple (cored, finely chopped) 2 tablespoons pepitas ¼ cup shaved parmesan cheese</p> <p><i>Dressing:</i> ½ cup mayonnaise 2 teaspoons apple cider vinegar ½ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all vegetables and fruit, then dry the salad leaves 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.

For vegan / dairy intolerance option:

Make the salad without cheese.