

# Sweet Potato, Apple and Barley Salad

**Season:** Winter

**Type:** Salad

**Serves:** 36 tastings

**From the garden:** Sweet potato & cos lettuce

**Class Focus:** Washing sweet potato, washing lettuce twice



## Equipment:

Large mixing bowl x 1  
Medium mixing bowl x 1  
Small mixing bowl x 1  
Medium saucepan x 1  
Wooden spoon x 2  
Whisk x 1  
Sieve x 1  
Salad Spinner  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Baking paper  
Baking tray x 1  
Serving bowl x 5  
Serving spoon x 5

## Ingredients:

1 sweet potato (skin-on, cubed – 1.5cm)  
2 red apples (skin-on, cored, cubed – 1.5cm)  
3 tablespoons olive oil  
¼ teaspoon salt

1 cup pearl barley  
Hot water from the kettle

1 cos lettuce (twice washed, spun dry & cut into 2cm cubes)

### *Ginger Dressing:*

2 tablespoons olive oil  
1 tablespoon white wine vinegar  
½ tablespoon sugar  
½ teaspoon ground ginger  
¼ teaspoon salt  
10 grinds of pepper

## What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine the first 4 ingredients in a medium mixing bowl.
4. Pour into a lined baking tray, bake in the oven for 20 minutes or until cooked.
5. Meanwhile, cook barley in hot water from the kettle over medium heat for 20 minutes or until tender.
6. Drain and set aside to cool.
7. Combine all the ingredients for dressing in a small mixing bowl.
8. Put all the salad ingredients and dressing in a large mixing bowl. Toss gently.
9. Serve into 5 large serving bowls with a serving spoon in each.

Interesting terms:

Interesting techniques: washing sweet potato, washing lettuce twice