

Orange and Olive Salad

Season: Autumn

Type: Salad

Serves: 36 tastings

From the garden: Zucchini, oregano & onion

Class focus: Removing the skin off the orange,
quarter-circle thin slices



Equipment:

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
Serving bowl x 5
Serving spoon x 5

Ingredients:

¼ onion (finely chopped)
½ zucchini (skin-on, quarter-circle thin slices)
3 oranges (skin-off, cubed – 1cm)
8 green olives (cut into 4 pieces)
2 sprigs oregano (leaves only, finely chopped)

Red wine vinegar dressing:

2 tablespoons olive oil
1 tablespoon red wine vinegar
1 teaspoon sugar
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine all the ingredients for dressing in a small mixing bowl.
4. Put all the ingredients for the salad 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.