

Carrot, Apple and Celery Salad

Season: Spring

Type: Salad

Serves: 36 tastings

From the garden: Lettuce, spinach & carrot



Equipment:

Large mixing bowl x 1
Small 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:

1 lettuce (cubed – 2cm)
2 cups spinach (cut into half)
3 carrots (roughly grated)
2 green apples (skin-on, cored, cubed – 1cm)
1 celery stalk (thinly sliced)

Honey Mustard Dressing:

3 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. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Mix all the ingredients for dressing in a small mixing bowl.
3. Put all the salad ingredients in a large mixing bowl.
4. Pour over dressing and toss well.
5. Serve into 5 large serving bowls with a serving spoon in each.