

Lettuce and Carrot Salad

Season: Spring

Type: Salad

Serves: 36 tastings

From the garden: Cos lettuce & mint

Class focus: Washing salad leaves twice, juicing lemon



Equipment:	Ingredients:
Small mixing bowl x 1 Large mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Juicer x 1 Measuring cups Measuring spoons Salad spinner Serving bowl x 5 Serving spoon x 5	<p><i>Salad:</i></p> 1 cos lettuce (cubed – 2cm) 2 carrots (roughly grated) ½ onion (finely chopped) 3 sprigs mint (leaves only, finely chopped) <p><i>Lemon Dressing:</i></p> ¼ cup olive oil Juice of 1 lemon 1 teaspoon sugar ¼ teaspoon salt 10 grinds of pepper

What to do:

1. Wash all vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the salad ingredients in a large mixing bowl.
4. Combine all the ingredients for lemon dressing in a small mixing bowl.
5. Add dressing to the salad. Toss well.
6. Serve into 5 large serving bowls with a serving spoon in each.