

CARROT SALAD

From our kitchen garden: garlic chives, mint,

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Thoroughly wash the carrots and focus on your peeling and grating.

EQUIPMENT

Chopping board
Small knife
Box Grater
Vegetable Peeler
Scissors
Juicer
Large bowl
Mortar and pestle
Medium bowl
Whisk
Measuring spoons
Measuring jug
Serving bowls
Salad servers

INGREDIENTS

750g carrots

2 tablespoons garlic chives (please pick from the verandah herb pot just outside the kitchen door)

2 tablespoons mint

Dressing

½ lemon, juiced
1 garlic clove, crushed
¼ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon ground cumin
¼ teaspoon paprika
2 tablespoons white wine vinegar
1/3 cup extra-virgin olive oil
2 tablespoons honey

WHAT TO DO

- Wash, peel and grate the carrots and place in a large mixing bowl.
- Wash the garlic chives and finely cut with scissors.
- Wash the mint leaves and finely chop the mint.
- Add chives and mint to the grated carrot and gently mix to combine. Set aside while you make the dressing

Dressing:

- Cut the lemon in half and juice the lemon.
- Peel the garlic.
- Crush the garlic with the salt in the mortar and pestle to form a paste.
- Add the white wine vinegar and mix to combine.
- Transfer to a medium bowl and add the honey, lemon juice, cinnamon, cumin and paprika.
- Slowly whisk in olive oil.
- Season with pepper.
- Wash up any utensils and clean your workspace.
- Pour dressing over salad just prior to serving.
- Transfer onto 4 serving bowls or platters. Don't forget the salad servers!