

HERB SALAD

From our kitchen garden: chives, mint,

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Thoroughly wash the salad leaves.
3. Focus on your knife skills when cutting the vegetables.
4. Pay particular attention to the presentation of your salad.

EQUIPMENT

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

INGREDIENTS

Basket of mixed salad leaves
1 cucumber
1 capsicum

Dressing

1 garlic clove, crushed
Pinch of salt
1 lemon
1/3 cup olive oil
2 tablespoons honey
1 tablespoon fresh chives
1/4 cup fresh mint
Freshly ground black pepper

WHAT TO DO

- Carefully wash and gently spin salad leaves in the salad spinner.
- Tear leaves with your fingers into bite sized pieces and place in a large mixing bowl.
- Wash capsicum. Cut in half lengthways, remove seeds and finely slice. Add to salad leaves.
- Wash cucumber and cut into small even slices, add to salad leaves.
- Gently toss salad and set aside while you make the dressing.

Dressing:

- Wash and dry herbs by rolling in a clean tea towel.
- Finely cut the chives with the scissors.
- Tear the mint leaves into very small pieces.
- 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 lemon juice and mix to combine.
- Transfer to a medium bowl and add the honey.
- Slowly whisk in olive oil.
- Add freshly chopped herbs.
- Season with pepper.
- Wash up any utensils and clean your workspace.
- Pour dressing over salad leaves just prior to serving.
- Transfer onto 4 serving bowls or platters. Don't forget the salad servers!