

Fattoush Salad

Ingredients

2 large pitta bread
1 baby cos lettuce
½ bunch parsley (1 cup chopped)
½ bunch mint (1/2 cup chopped)
4 spring onion
4 radishes
Large handful of snow or sugar snap peas
4 tomatoes
1 large Lebanese cucumber
2 tsp ground sumac
Oil for brushing
Salt and pepper



Dressing

2 cloves garlic
1 Tbs olive oil
1 lemon, juiced

What to do:

- 1) Preheat the oven to 200c
- 2) Brush the pitta bread with oil. Sprinkle 1 tsp of sumac over each pitta bread. Cut the bread into pieces, about 3cm in size and arrange on a baking tray. Bake for 5 minutes until golden and crunchy. Set aside for later
- 3) Wash the lettuce leaves and spin dry. Chop the leaves in half, length ways and finely shred. Add to a large bowl
- 4) Wash the parsley and mint. Spin dry, pick off the leaves and finely chop
- 5) Wash the spring onions. Chop off the stem. Finely slice and add to the bowl
- 6) Wash the snow peas. Remove the stem and string and chop. Add to the bowl
- 7) Wash the radish paying good attention to remove any dirt. Chop off the leaves and root. Chop each radish in half and on the flat side slice thinly. Add to the bowl
- 8) Wash the tomatoes and cucumber
- 9) Chop the cucumber into quarters, length ways, and with the flat surface on the board slice into pieces. Add the cucumber to the bowl.
- 10) Dice the tomato and add to the bowl with the other fresh ingredients, season with salt and pepper and mix together
- 11) To make the dressing. Peel the garlic, roughly chop, then sprinkle with salt and use a fork to smash the garlic into a paste
- 12) Add the garlic, olive oil and lemon juice to a small bowl and mix well
- 13) Add the dressing to the salad and gently mix
- 14) Serve the salad garnished with the toasted pitta bread chips
- 15) Enjoy

Bonus Garden Activity

Silverbeet Seeds

At the start of Term 3, all LT3 students were given a pack of Silverbeet seeds to take home. Silverbeet is an easy, fast growing vegetable that is tolerant of both cold and hot weather. Silverbeet is a relative of beetroot. It has thick crinkled leaves, with prominent stems. Silverbeet comes in a variety of colours and leaf textures. Both the leafy greens and the stems are edible.

Planting Your Seeds

What you need:

- Silverbeet seeds
- Soil/ potting mix
- Pots/ seed tray for planting
- Water
- Sunny and protected spot



What to do:

- Add soil/ potting mix to your pot, filling to 1 cm from the top
- Using your finger, poke small holes into the soil about 12mm deep and 3cm apart
- Drop one seed into each hole
- Cover over the seed with the soil and pat down
- Water well and leave in a sunny protected location, like an indoor window ledge
- Continue to water each morning
- Silverbeet shoots will start to sprout after 10-14 days

- After four weeks remove half of the smallest Silverbeet shoots from the pot. This will help the biggest shoots to grow stronger
- When the plants are about 7cm tall, transplant the seedlings to the garden spacing them 30-40cm apart. Silverbeet seedlings can also be planted into a large pot. 3-4 plants can be grown in one pot.
- Start harvesting the Silverbeet leaves and stems when they are about 30 centimetres long. Silverbeet is best harvested leaf by leaf. Harvest the leaves from the outside of the plant (leaving those closest to the centre still to grow).
- Harvest the Silverbeet by snipping the leaves off near the base of the plant, or pinching them off using two hands. Harvesting the bigger outside leaves first encourages further growth and you should get months or even a year of tasty greens from each plant. Be sure to harvest frequently, because the leaves can become a bit tough as they get older.



Happy gardening 😊