

Pasta Salad with Chicory, Carrot and Honey Mustard dressing

Ingredients:

1 packet of pasta

1 small basket of Chicory leaves

2 carrots

4 spring onions

2 table spoons honey

1 table spoon seeded mustard

Olive oil for drizzling

Juice of 1 lemon

What to do:

- 1) Put a large pot of salted water on to boil. Add pasta when at a rolling boil and cook without a lid until pasta is tender (about 8 mins). Drain in a colander in the sink, drizzle with olive oil, stir and leave to cool.
- 2) Pick and wash chicory in a bath of cold water, lift small handfuls of leaves out of the water and spin dry gently, tip out the water from the salad spinner and gently spin again.
- 3) Chop or tear the leaves into medium pieces place in a large tossing bowl.
- 4) Peel carrots on the bench, clean up peeling mess.
- 5) Clean and wash spring onions, put root piece aside for planting. Slice the white and the green part very thinly.
- 6) Grate carrots on a board.
- 7) Heat a medium pan on the stove with a little oil.
- 8) Cook the grated carrots for a couple of mins.
- 9) Stir the honey into the carrots and then the seeded mustard. Remove from heat and let cool slightly.
- 10) Juice the lemon and combine all salad ingredients in the large tossing bowl, taste the salad and season with salt and pepper.

- 11) Divide the salad amongst serving bowls or platters, 1 for each table.
- 12) Pack up the work station.