

## Beetroot, Cranberry and Lentil Salad

**Season:** Spring

**Type:** Salad

**Serves:** 36 tastings

**From the garden:** Cos lettuce, rocket, onion, parsley & mint



### Equipment:

Small bowl x 1  
Large bowl x 1  
Wooden spoon x 1  
Whisk x 1  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Salad spinner  
Serving bowl x 5  
Serving spoon x 5

### Ingredients:

#### *Salad:*

1 cos lettuce (cut into bite size)  
1 cup rocket (cut into bite size)  
½ bottle of pickled beetroot (cubed – 1cm)  
½ can lentil (drained)  
½ cup dried cranberries  
1 onion (finely chopped)  
2 tablespoons parsley (finely chopped)  
2 tablespoons mint (finely chopped)

#### *Lemon Mint Dressing:*

3 tablespoons olive oil  
3 tablespoons white wine vinegar  
2 tablespoons honey  
¼ teaspoon cumin  
¼ teaspoon ground ginger  
¼ teaspoon salt  
10 grinds pepper

### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put all the salad ingredients in a large bowl.
3. Mix all the ingredients for dressing together in a small bowl.
4. Add dressing to the salad. Toss gently.
5. Serve into 5 large serving bowls with a serving spoon in each.