

Broad Bean Salad with Sesame Dressing

Season: Winter

Type: Salad

Serves: 36 tastings

From the garden: Pumpkin, broad bean, cos lettuce, spinach & rocket



Equipment:	Ingredients:
<p>Small saucepan x 1 Sieve x 1 Small bowl x 1 Large bowl x 1 Wooden spoon x 1 Whisk x 1 Salad Spinner Grater x 2 Chopping boards and knives Measuring spoons Measuring cups Serving bowl x 5 Serving spoon x 5</p>	<p><i>Salad:</i> 1 cos lettuce (cut into bite size) 1 cup spinach (cut into bite size) 1 cup rocket (cut into bite size) 1 piece of pumpkin (skin-off, grated) 2 cups frozen broad beans</p> <p><i>Dressing:</i> ½ cup mayonnaise 1 teaspoon sugar 2 tablespoons white vinegar 1 ½ tablespoons soy sauce 1 teaspoon sesame oil</p>

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Boil the broad beans in a small saucepan filled with hot water from kettle for 5 minutes or until tender.
3. Drain and peel the skin off the cooked beans. Set aside.
4. Mix all the ingredients for dressing together in a small bowl. Set aside.
5. Put all the salad ingredients in a large bowl.
6. Add dressing and toss well.
7. Serve into 5 large serving bowls with a serving spoon in each.