

Broad Bean and Feta Salad

Serves: 32 tastings



From the garden: Broad bean, lettuce, cabbage, onion, parsley and mint

<p>Equipment:</p> <ul style="list-style-type: none">• Small bowl x 1• Large bowl x 1• Small saucepan x 1• Wooden spoons x 2• Whisk x 1• Chopping boards and knives• Measuring cups• Measuring spoons• Juicer x 1• Serving bowl x 5• Serving spoon x 5	<p>Ingredients:</p> <p>2 cups (1 packet) of frozen broad beans</p> <p>½ head of lettuce (cut into bite size)</p> <p>½ cabbage (cut onto thin strips)</p> <p>1 onion (finely chopped)</p> <p>2 tablespoons parsley (finely chopped)</p> <p>¼ cup mint (finely chopped)</p> <p>½ pack of feta cheese (crumbled)</p> <p>Dressing:</p> <p>¼ cup olive oil</p> <p>Juice of 1 lemon</p> <p>2 tablespoons white sugar</p> <p>1 teaspoon wholegrain mustard</p> <p>¼ teaspoon salt</p> <p>10 grinds of pepper</p>
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Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pod the broad beans (this step was done by yellow group in previous week) and boil the beans in a small saucepan filled with hot water from kettle for 6 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 vegetables and beans in a large bowl, add dressing and toss well.
6. Sprinkle feta cheese on the salad and toss gently.
7. Serve into 5 serving bowls with a serving spoon in each.