

Lettuce and Corn Salad

Season: Spring

Type: Salad

Serves: 36 tastings

From the garden: Cos lettuce, spinach, corn, carrot & parsley



Equipment:	Ingredients:
<p>Small bowl x 1 Large bowl x 1 Medium saucepan x 1 Wooden spoon x 1 Whisk x 1 Kitchen tong x 1 Chopping boards and knives Juicer x 1 Measuring cups Measuring spoons Salad spinner 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) 2 ears corn 2 carrots (grated) ½ onion (finely chopped) ¼ cup parsley (leaves only, finely chopped)</p> <p><i>Dressing:</i> ¼ cup olive oil Juice of 1 lemon 1 tablespoon sugar ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Boil corn in a medium saucepan filled with boiling water from the kettle for 5 minutes.
3. Remove corn from water, allow to cool and cut the corn kernels off the cob.
4. Put all the salad ingredients in a large bowl.
5. Mix all the ingredients for dressing together in a small bowl.
6. Add dressing to the salad. Toss well.
7. Serve into 5 large serving bowls with a serving spoon in each.