

# Ploughman's Salad

Serves: 32 tastings



**From the garden:** Lettuce, spinach, mizuna & tatsoi

## Equipment:

- Small bowls x 1
- Large bowl x 1
- Wooden spoon x 1
- Whisk x 1
- Chopping boards and knives
- Apple corer x 1
- Measuring cups
- Measuring spoons
- Kitchen scale
- Baking tray x 1

## Ingredients:

- 1 head of lettuce (cut into bite size)
- 1 cup spinach leaves (cut into bite size)
- 1 cup mizuna (cut into bite size)
- 1 cup tatsoi (cut into bite size)
- 2 red apples (skin-on, cored, 1cm cubes)
- 120g cheese (cut into 1cm cubes)
- 5 slices of bread (cut into 1cm cubes)

## Dressing

- 4 tablespoons olive oil
- 3 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon honey
- ¼ teaspoon salt
- 10 grinds of pepper

## Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place bread cubes in a baking tray and bake in the oven for 5 mins or until lightly browned. Set aside.
4. Mix all the ingredients together for dressing in a small bowl.
5. Put all the salad leaves and apple in a large bowl then add dressing. Toss well.
6. Just before serving, add cheese and bread cubes, toss briefly.
7. Serve into 5 large serving bowls with a serving spoon in each.