Thai Salad with Sweet Chilli Dressing  
Serves: 32 tastings

From the garden: Lettuce, spinach, rocket, carrot, beetroot, lemon, coriander, mint

**Equipment:**
- Small bowls
- Large bowl
- Serving spoon
- Chopping boards and knives
- Juicer
- Measuring spoons
- Whisk

**Ingredients:**
- 1 head of lettuce (cut into bite size)
- 1 handful of spinach (cut into bite size)
- 1 handful of rocket (cut into bite size)
- 1 carrot (grated)
- 1 apple (finely shredded)
- 1 beetroot (peeled and grated)

**Dressing**
- 1 tablespoon coriander (minced)
- 1 tablespoon mint (minced)
- Juice of 1 lemon
- 2 tablespoons sweet chilli sauce
- 2 teaspoon sugar
- ¼ teaspoon salt

**Method:**
1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Mix all the ingredients for dressing together in a small bowl.
3. Wash all the salad leaves, cut into bite size and put them in a large bowl.
4. Add carrot, apple, beetroot, dressing and toss.
5. Serve into 5 large serving bowls.