

Cucumber Carrot Salad

Season: Spring

Type: Salad

Serves: 32 tastings

From the garden: Carrot & spring onion

Class focus: Cutting & grating vegetables



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Small mixing bowl x 1
Whisk x 1
Grater x 2
Chopping boards and knives
Measuring spoons
Serving bowl x 5
Serving spoon x 5

Ingredients:

1 cucumber (skin-on, cubed – 1cm)
4 carrots (skin-on, roughly grated)
1 spring onion (white & green part, finely chopped)
1 teaspoon dried mint (in fridge)

Dressing:

2 tablespoons olive oil
2 tablespoon white wine vinegar
1 teaspoon Dijon mustard
½ tablespoon maple syrup
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Combine all the ingredients for dressing in a small mixing bowl.
3. Put the salad ingredients in a large mixing bowl, pour over dressing. Toss well.
4. Serve into 5 large serving bowls with a serving spoon in each.