

Pickled Vegetable Salad

Season: Summer

Type: Salad

Serves: 36 tastings

From the garden: Zucchini & onion

Class focus: Cutting vegetables into long sticks



Equipment:

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

Ingredients:

½ zucchini (skin-on, cut into 3cm long sticks)
2 carrots (skin-on, cut into 3cm long sticks)
½ onion (cut into 1cm cubes)
½ can of pineapple pieces

⅓ cup rice vinegar
¼ cup sugar
1 tablespoon water
¼ teaspoon salt

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine the last 4 ingredients in a small mixing bowl, mix until sugar is dissolved.
4. Put all the vegetables and pineapple pieces in a large mixing bowl.
5. Add vinegar mixture and toss well.
6. Serve into 5 large serving bowls with a serving spoon in each.