

## Carrot and Capsicum Salad

**Season:** Autumn

**Type:** Salad

**Serves:** 28 tastings

**From the garden:** Capsicum



**Class focus:** Cutting capsicum into cubes & grating carrot

### Equipment:

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

### Ingredients:

½ iceberg lettuce (cubed – 2cm)  
1 capsicum (deseeded, cubed – 0.5cm)  
2 carrots (skin-on, roughly grated)  
10 olives (cut into 4 or 5 pieces)

### *Dressing:*

2 tablespoons olive oil  
1 tablespoon white wine vinegar  
½ tablespoon honey  
¼ teaspoon salt  
10 grinds of pepper

### What to do:

1. Wash all the vegetables, then dry the lettuce using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix all the ingredients for dressing in a small mixing bowl.
4. Put all the salad ingredients in a large mixing bowl.
5. Pour over dressing and toss lightly.
6. Serve into 5 large serving bowls with a serving spoon in each.