

# Salad with Lemon Herb Dressing

**Season:** Autumn

**Type:** Salad

**Serves:** 32 tastings

**From the garden:** Mixed lettuce leaves, parsley & lemon

**Class focus:** Washing, cutting & grating vegetables



Equipment:	Ingredients:
Small mixing bowl x 1 Large mixing bowl x 1 Wooden spoon x 1 Chopping boards and knives Measuring spoons Grater x 1 Whisk x 1 Juicer x 1 Sieve x 1 Serving bowl x 5 Serving spoon x 5	1 basket of mixed lettuce leaves (cubed – 2cm) 1 carrot (skin-on, roughly grated) 1 can mixed beans (rinsed & drained)  <i>Lemon Herb Dressing:</i> 3 tablespoons olive oil Zest & juice of 1 lemon 1 sprig parsley (finely chopped) 1 tablespoon maple syrup ¼ teaspoon salt 10 grinds of pepper

## What to do:

1. Wash all the vegetables and dry the salad leaves using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix together 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 well.
6. Serve into 5 large serving bowls with a serving spoon in each.