

Mexican Chopped Salad

Season: Winter

Type: Salad

Serves: 32 tastings

From the garden: Lettuce

Class focus: Washing & cutting lettuce



Equipment:	Ingredients:
Small mixing bowl x 1 Large mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Colander x 1 Chopping boards and knives Measuring spoons Serving bowl x 5 Serving spoon x 5	1 lettuce (cubed – 2cm) 1 cucumber (cubed – 0.5cm) 1 tomato (cubed – 0.5cm) 1 can corn kernels (drained) 1 can red kidney bean (drained & rinsed) Dressing: 3 tablespoons olive oil 1 tablespoon white wine vinegar ½ tablespoon maple syrup ¼ teaspoon salt 10 grinds 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 vegetables and beans in a large mixing bowl, pour over dressing. Toss well.
5. Serve into 5 large serving bowls with a serving spoon in each.