HERB SALAD

From our kitchen garden: chives, mint, beetroot leaves, salad leaves and lemons

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Thoroughly wash the salad leaves.
3. Focus on your knife skills when cutting the vegetables.
4. Pay particular attention to the presentation of your salad.

EQUIPMENT
- Chopping board
- Small knife
- Salad spinner
- Scissors
- Large bowl
- Mortar and pestle
- Juicer
- Medium bowl
- Whisk
- Measuring spoons
- Measuring jug
- Serving bowls
- Salad servers
- Clean tea towel

INGREDIENTS
- Basket of mixed salad leaves
- 1 cucumber
- 1 capsicum
- 1 garlic clove, crushed
- Pinch of salt
- 1 lemon
- 1/3 cup olive oil
- 2 tablespoons honey
- 1 tablespoon fresh chives
- ¼ cup fresh mint
- Freshly ground black pepper

WHAT TO DO

- Carefully wash and gently spin the salad leaves in the salad spinner.
- Tear leaves with your fingers into bite sized pieces and place in a large mixing bowl.
- Wash capsicum. Cut in half lengthways, remove seeds and finely slice. Add to salad leaves.
- Wash cucumber, cut in half lengthways and then cut into small even slices. Add to salad leaves.
- Gently toss salad and set aside while you make the dressing.

Dressing:
- Wash and dry herbs by rolling in a clean tea towel.
- Finely cut the chives with the scissors.
- Tear the mint leaves into small bite sized pieces.
- Cut the lemon in half and juice the lemon.
- Peel the garlic.
- Crush the garlic with the salt in the mortar and pestle to form a paste.
- Add lemon juice and mix to combine.
- Transfer to a medium bowl and add the honey.
- Slowly whisk in olive oil.
- Add freshly chopped herbs.
- Season with pepper.
- Wash up any utensils and clean your workspace.
- Pour dressing over salad leaves just prior to serving.
- Transfer into 4 serving bowls. Don’t forget the salad servers!