

Salad of the imagination

Ingredients

Oak lettuce

Wild rocket

Cranberry hibiscus

Nasturtium

Carrot

(if there is time pick some edible flowers to decorate – ask deena first)

Dressing

½ a lemon juiced

2 tablespoons extra virgin olive oil

2 teaspoons honey

1 teaspoon Dijon mustard

Sea salt and cracked black pepper, to taste

Equipment

Chopping boards

Knives

Glass jar

Metal bowl

Serving bowls

Salad tossers or tongs

Peeler

Citrus juicer

Glass jar

Optional:

Spiraliser

Grater

Method

- 1.
2. Rinse and spin dry all the salad greens
3. Place the greens into a large mixing bowl
4. Top & tail then peel the carrot: *dice, grate or spiralise (your choice)*
5. Add salad greens and carrot to large metal mixing bowl
6. Add all dressing ingredients into a jar and seal with a lid. Shake ingredients until smooth and or well combined. Taste and adjust to your tastebuds
7. Pour over the dressing and toss the salad
8. Put into serving bowls and place on tables with serving implements