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| **Cabbage, Broad Bean, Pea and Mint Salad** |

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| **Makes** | 30 tastes in the classroom | **From the****garden:** | Broad Beans, mint, Cabbage |

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| **Equipment** | **Ingredients**  |

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| * Chopping board
* Non slip mat
* 2x cooks knives
* Large saucepan
* Large salad bowl
* Tongs for serving
* Jar zester
* Juicer
 | **Salad*** 1 small cabbage
* 300 grams broad beans
* 300 grams green peas
* Handful of finely sliced mint
* Zest of 1 lemon

 **Dressing*** Juice of 2 lemons
* 2 tablespoons olive oil
* 2 tablespoons white wine vinegar
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| **What to do** |

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| 1. Boil broad beans and peas for 2 minutes plunge into cold water to preserve colour.
2. Shell broad beans and set aside.
3. Thinly slice cabbage and place in large bowl
4. Finely slice mint leaves
5. Place cabbage, broad beans, peas , lemon zest and mint into a large bowl and gently use hands to combine.
6. Place dressing ingredients into a jar, shake to combine. Pour over salad just before serving
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