

Name of Recipe: Broccoli & Shaved Carrot Salad, Toasted Seeds and a Perfect Dressing

Volunteer Notes: Your group can choose whether to grate the carrots with the magi-mix or shave with peelers.

From the garden: Some broccoli, Lemons, all herbs

| What to collect | What to do |
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| <p>Large mixing bowls Steamer pot w water Spoons & tongs Lettuce spinner Peeler</p> <p>4 x Peeled Carrots-skin peeled off & then shave</p> | <p>Collect all the ingredients as a group. Read the recipe. Put water into the steamer and turn on heat.</p> <p>Each student is to do 1 carrot. Set aside once done.</p> |
| <p>3 x Broccoli heads. separate the florets, cut smaller-blanche, cool and drain.</p> <p>4x spring onion-trim/wash. finely sliced</p> <p>Lots of Parsley, picked, washed, spin dry, chopped. Mint picked/washed/spin dry-slice leaves</p> | <p>Each student is to prepare some broccoli and steam their own. Prepare the broccoli-blanche/drain/cool.</p> <p>Each student to prepare 1 spring onion-very finely sliced.</p> <p>Prepare the herbs-set aside.</p> <p>Prepare the dressing. While the juice is reducing, students are to clean knives/area.</p> |
| <p>Orange dressing; 2 x oranges, zest & then juice. Sieve the juice & put into a small pot- reduce liquid by 2/3 then cool. Sieve Small pot 100 ml vegetable oil Salt flakes/ground pepper</p> | <p>Prepare the oranges and put into a small pot. Reduce the liquid over a high heat until thick. Put the reduced orange juice into a bowl. Whisk, quickly while adding the oil in small amounts. Continue until all oil is used and dressing is thick. Add the salt/pepper. Taste. If too sweet add a small squeeze of fresh lemon. Add the dressing to vegetables and mix all ingredients well. Taste and check seasoning.</p> |
| <p>Edible flowers/mint/ Individual bowls</p> | <p>Garnish, serve with tongs.</p> |