



Carrot & Celery Salad

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, celery, coriander, mint, spring onions

Equipment:

metric measuring cups and spoons
clean tea towel
chopping board
cook's knife
fine grater
bowls – 1 large, 1 small
mixing spoon
serving bowls

Ingredients:

10 spring onions, sliced finely on the diagonal
2 carrots, finely julienned or grated
4 celery stalks, sliced finely on the diagonal
1 small handful of mint, finely chopped
1 small handful of coriander, finely chopped

For the dressing:

1 garlic clove, peeled and finely chopped
¼ cup malt vinegar
1 tsp white sugar
3 tbsp olive oil
1 tsp sesame oil
2 tbsp soy sauce

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. In the large bowl, combine the spring onions, carrot, celery, mint and coriander.
3. In the small bowl, combine the garlic, vinegar, sugar, olive oil, sesame oil and soy sauce.
4. Drizzle the dressing over the salad and toss gently to mix through.
5. Place in serving bowls.

